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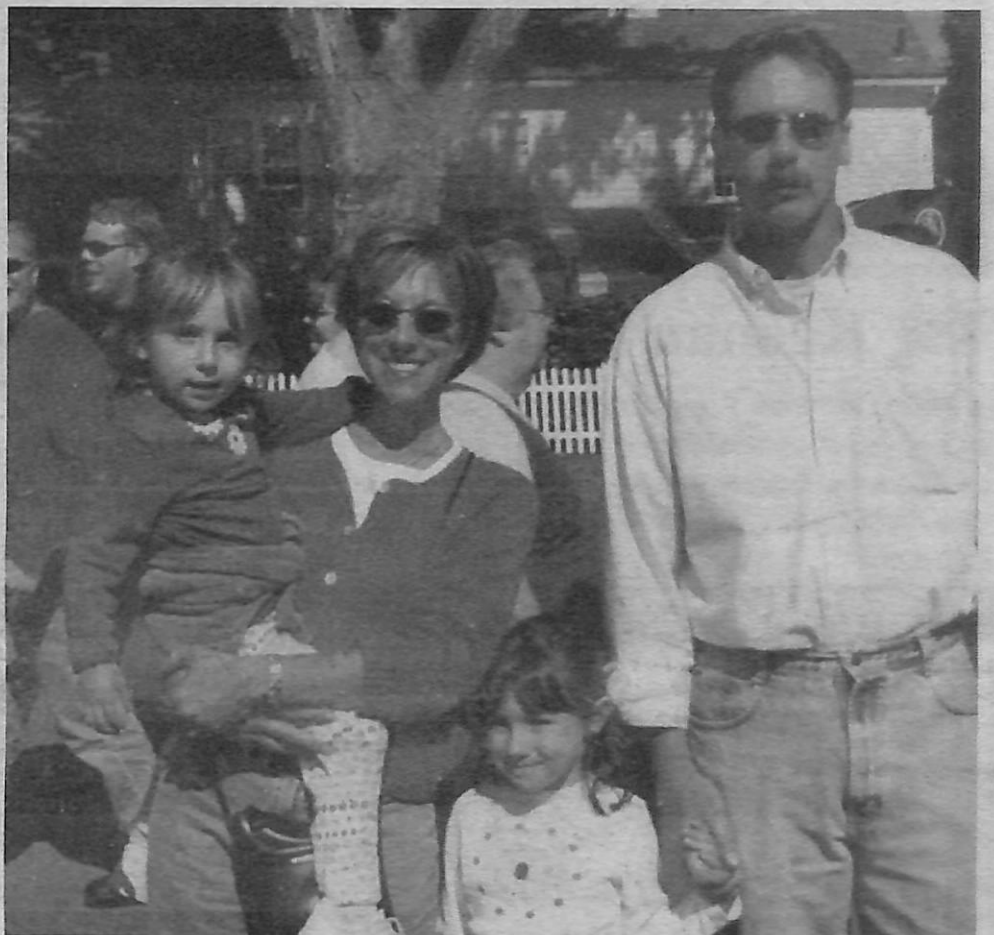
Volume XXIII Number 41

October 12, 2000

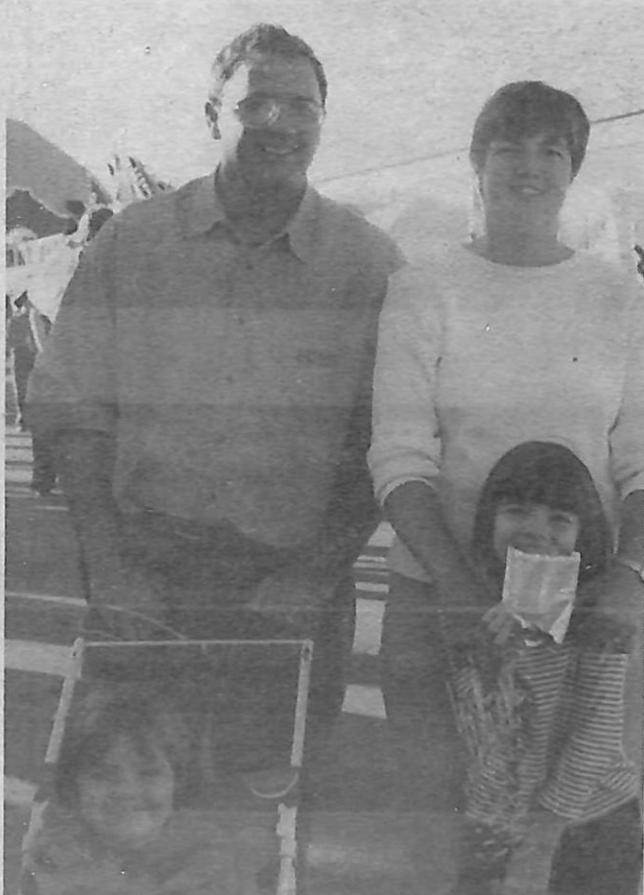
Agawam Visiting The Big E...



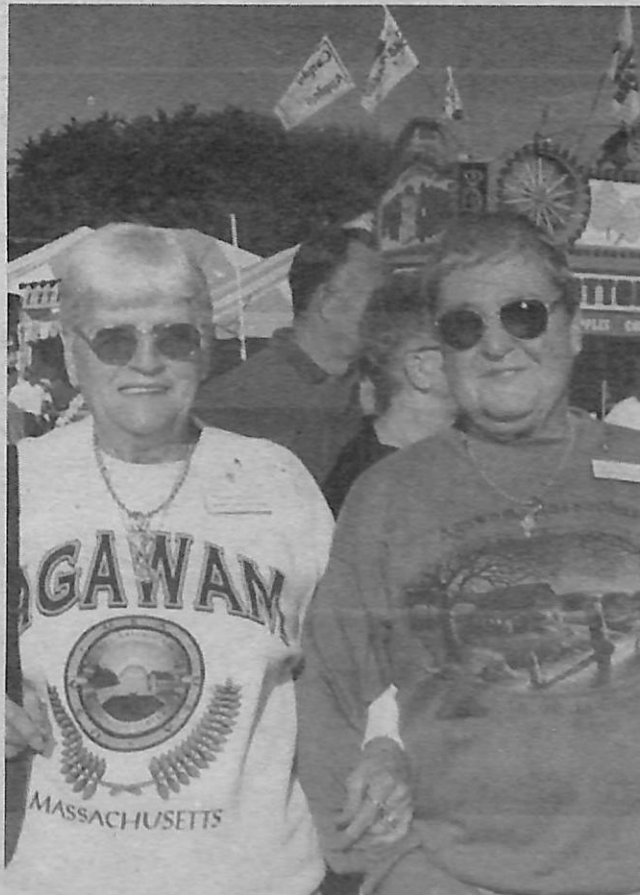
VISITING THE ALLEN LAWNMOWER DISPLAY at The Big E are Paige, Tyler, Dalton, and Lenox Alves with their dad, John Alves. Advertiser News photo by Kathy Shepard.



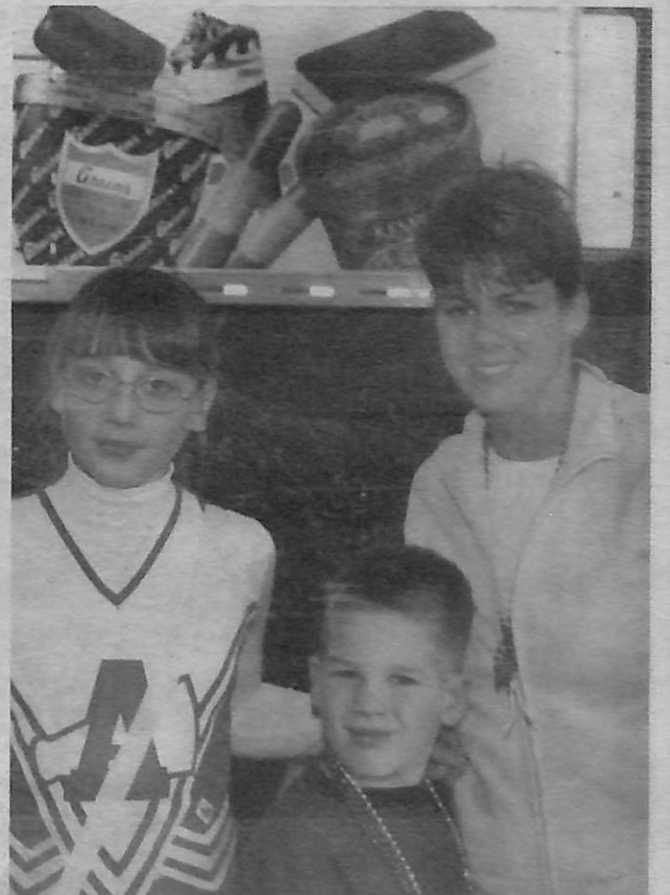
AGAWAM RESIDENTS ENJOYING A DAY at The Big E are (from left) Jordan, Nancy, Taylor, and Dan London. Advertiser News photo by Kathy Shepard.



AGAWAM POSTMASTER MARK DEFORGE, his wife, Maggie, and their children, Kerry & Mary Kate, enjoy the many sights and sounds of The Big E on a beautiful autumn day. Advertiser News photo by Kathy Shepard.



PROUDLY DISPLAYING THEIR "Agawam" sweatshirts at The Big E in West Springfield are Jane Schmidt & Paulene Paquette. Advertiser News photo by Kathy Shepard.



ASHLEY, JOEY, & ROBIN MARTIN prove that people of all ages enjoy The Big E in West Springfield. (More AGAWAM AT THE BIG E Photos In Families.) Advertiser News photo by Kathy Shepard.

AHS Accreditation Process Updated To School Committee

by Hope E. Murray
Municipal Writer

Agawam High School Principal Paul Cavallo presented a two-year follow-up report of the 1998 Agawam High School accreditation to the Agawam School Committee, Tuesday, October 10th.

In the report, the follow-up committee addressed several issues, including three areas of warning placed by the New England Association of Schools and Colleges (NEASC). Those areas are curriculum and instruction, school facilities, and library and media services.

The role of the follow-up committee, as described in its report, is to provide an explanation of the progress the school has made since 1999 in correcting situations recommended by the NEASC visiting committee.

In some areas, including the recommendation made regarding the physical size of the library, the follow-up committee rejected the NEASC's recommendation.

"This is okay," said Cavallo.

The committee was required to give immediate attention to several "highlighted recommendations" cited in two letters, dated February 28th, 2000 and April 30th, 1999.

There were 20 areas that comprised the committee's major focus. The first was using the mission/statement of purpose to guide all decision-

making. The second was defining each of the school's stated academic expectations for student performance as listed in the school's mission/statement of purpose and indicate the level of successful accomplishments for each. Other issues addressed include:

Reporting the work done toward having each curriculum area identify the particular learning expectations in the school's statement of purpose for which it is responsible and establish learning standards in support of each; aligning the curriculum with the school's mission/statement of purpose and expectations, taking into consideration the Massachusetts Curriculum Frameworks;

Ensuring that all students have sufficient opportunity to practice and achieve each of the school's stated academic expectations for learning;

Indicating how the school plans to use agreed upon levels of performance, indicators of successful accomplishment, and other data to assess the program of students achieving the school's stated academic expectations;

Detailing the training provided for all teachers on instruction of unlevelled courses;

Reporting assessment tools, beyond MCAS and other standardized tests, that the school is using and/or will use to measure the extent to which students are achieving each of the student learning

expectations as articulated in the school's mission/statement of purpose, and;

Providing representative examples to document the integration of library technology and media services into all areas of the curriculum.

"In the area of curriculum and instruction, the committee recognizes that many of the recommendations will not be completed in one year," Cavallo said. "Many issues will require more study and in some cases more money to successfully bring this area to fruition."

Cavallo said he believes NEASC will ask for a three-year report as well as a five-year report on the progress and that the library and facilities warnings will likely be removed given the progress made since the warnings were issued.

School Committee member Susan Pettazzoni expressed concern that when the budget comes before the School Committee, she would like to accreditation issues highlighted.

Cavallo assured her this would happen and said he hopes to have budgets in early for review.

"I believe and am confident that the two-year report will be positively received," he said, adding that the committee expects to have another update for the School Committee this spring.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you

Keenan Slates Annual Pasta Dinner

Please join State Representative Dan Keenan for an evening of great food at his Annual Pasta Dinner on Thursday, October 26th at the Polish American Club on Southwick Street in Feeding Hills, from 5:00-7:00 p.m.

The ticket prices are \$5 for general admission and \$3 for senior citizens and children under 12.

Tickets will be available for purchase at the door.

Dan looks forward to the dinner and encourages everyone to bring their appetite.

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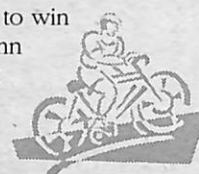
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Open Debate More Important Than Holding Hands

To The Editor:

"Decorum, Mrs. Galarneau! Decorum, Mrs. Galarneau!" declared Mayor Cohen as chairperson of the School Committee. "I'm not raising my voice. This is how I talk," replied School Committeewoman Linda Galarneau. Obviously dissatisfied, Mayor Cohen then declared a five-minute recess so Mrs. Galarneau could, in his (Cohen's) opinion, "calm down."

Congratulations to Mrs. Galarneau. Congratulations for speaking out passionately on something you felt strongly about. Mrs. Galarneau did nothing wrong. Speaking with emotion and passion is a welcomed change from the sometimes emotionless, monotone dialogue that usually transpires at town meetings.

How dialogue is controlled is a very serious issue. The role of the chair is to foster open and honest debate even when you (the chair) are the focus of such debate. The real problem is when people are so insecure and concerned about their own image that they perceive honest passion as being embarrassing and try to stop it. Mrs. Galarneau faced this very obstacle during the last School Committee meeting and not a single one of her colleagues came to her defense. Shameful!

An elected body should be unified in their common goals, but that doesn't mean there won't be differing opinions among members on how to achieve these goals. If our School Committee is more interested in holding hands and hugging than it is in open and honest debate, then we lose as a community. We lose the time-tested principles of debate that shaped and distinguished our country.

Brian Rheault
Agawam

Cohen Thanks Supporters Of "Dinner With The Mayor"

To The Editor:

Dear Friends:

I wish to thank all those who attended my "Dinner with the Mayor" on Friday, October 6th, at the Polish American Club.

I was overwhelmed with the nearly 600 residents and local officials in attendance. I sure am glad that I decided to hold this event at the Polish American Club and not at my home!

Again, my sincere and heartfelt thanks to all of you who attended.

Very truly yours,
Richard A. Cohen
Mayor

Agawam Soccer Assoc. Says Thanks To Volunteers

To The Editor:

All of us from the Agawam Soccer Association would like to extend our gratitude to all of those who donated their time to help with our In-Town Soccer Jamboree on September 30th and October 1st.

Due to the help of volunteers, we can proudly say that our Jamboree was a success again this year. We would like to send a special "THANK YOU" to the COFFEE PAUSE, located on Suffield Street for the use of their coffee maker and their delicious coffee donation.

And to all the COACHES, CHILDREN, PARENTS, and FRIENDS who unselfishly gave up time on their weekend to help us at the Jamboree, we say, 'THANK YOU.'

Agawam Soccer Association

- ADVERTISER NEWS -

Petro Storage Permit For River Rd. Business Again Before Council

by Hope E. Murray
Municipal Writer

Town Council will vote whether or not to approve a storage permit for Agawam Car Care at its next meeting on October 16th.

This will be the third time the issue has come before the council. The council voted to table the issue at its October 2nd meeting pending more information.

The business, located at One River Road, is asking for approval for a 20,000 gallon tank to store petroleum products. Agawam Car Care is currently a repair station but is planned to be a full service gas station with a convenience store. Concerns about safety were raised by council members and in a letter from an Agawam Police officer.

"We've made a couple of improvements to the site," said Ronald Fortune of Decker and Company, who was at the meeting representing Agawam Car Care. "One is a speed bump," he noted.

The main concern seemed to be one of safety for drivers along Main Street. Site plans call for three entrances/exits into the property, including a southerly curb cut onto Main Street that councilors were concerned could cause accidents and traffic jams.

"There will be all types of congestion," said council President Robert Magovern. "Not only from Six Flags, but there's the State Veterans' Cemetery there, too. I fear that if you have a southerly exit on Main Street you'll be inviting trouble. Having someone come out the Main Street exit to try to turn left is an accident waiting to happen."

Councilor Anthony Bonavita suggested a solution.

"On the southerly curb cut, could you make that an entrance only and put a sign stating that there's no left turn?," he asked.

"I see no problem with that," said Fortune.

This means that the only exits would be on River

Road and Main Street heading north.

One person spoke in opposition of the project. Bill Saltman of Belchertown owns a 12-unit apartment building on River Road next to Agawam Car Care and said his residents don't want the gas station.

"My utmost concern is for the families living there," Saltman said. "It's taking an already bad situation and making it much worse. Right now they have car repairs and sales and it's quiet and doesn't interfere with the residents. A gas station is an extremely different matter."

Saltman said the station will be noisy, crowded, and add to an already "bottlenecked" area of Agawam.

"It will be a destructive intrusion into the neighborhood's quality of life," he said.

Councilor Joseph Mineo asked how many children live in the apartments.

"There are 12 units with a total of four to six children and two or three infants," Saltman said.

Some seemingly minor changes councilors discussed with Fortune, such as changing the angle of curb cuts, would require another submission to the Planning Board.

"Any structural changes will have to go back to the Planning Board," said Councilor Dennis Perry.

A question about the widening of the road came up from Councilor Gina Letellier.

"I don't think it's fair to tell him to wait six months to see if the widening of the road is going to affect any entrances and exits on this property," said Bonavita. "I don't think that's fair and I think we did some good work here."

Magovern wanted to move the vote at the meeting, saying that he didn't believe any answers concerning the roadwork would be available soon, but the council voted to table the vote.

Dept. Of Public Works Announces Connections Deadline

The Agawam Department of Public works announces that October 27, 2000 is the last date for applying for water connections, water connection renewals, sanitary sewer connections, or storm drain connections for installation prior to this winter.

Connections applied for after this date will not be installed until the spring of 2001. This notice does not apply to the homes in areas where connections have previously been installed to the property line.

Please remember to patronize your local businesses ...
ADVERTISER NEWS!!!

Rep. Keenan Slates Office Hours At Agawam Senior Ctr.

State Representative Daniel F. Keenan has scheduled office hours at the Agawam Senior Center on Wednesday, October 25th and Wednesday, November 1st from 10:30-12:00 noon, and welcomes all constituents to attend to convey their comments and concerns on issues facing the district and the state.

Representative Keenan is also available to speak and meet with constituents at his district office located at 375 Walnut St. Ext. in Agawam, (413) 786-4545.



The Agawam Advertiser News

786-7747

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786-8137

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Hope E. Murray Municipal Writer

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ROBERT F.L. MACDONALD, President of the Agawam Chamber of Commerce (left), presents a plaque saluting Town Hall to Deborah S. Dachos, Director of Planning & Community Development for the Town of Agawam, and Mayor Richard A. Cohen.

Town Hall, Mayor's Office, & Heritage Woods Saluted At Recent Chamber Breakfast

The Agawam Town Hall, the Mayor's Office, and Heritage Woods were saluted recently at the Annual Agawam Chamber of Commerce Fall Breakfast. The businesses were featured in a past Spotlight on Business Tour.

The Breakfast, held at the Oak Ridge Golf Club, featured Agawam Chamber President Robert F.L. MacDonald as the chief greeter. The Breakfast was sponsored by Spectrum Analytical.

Mayor Richard Cohen accepted a plaque from the Chamber on behalf of the Town Hall and Mayor's Office, and Lois Vandergrift, Executive Director,

accepted a plaque as a representative of Heritage Woods.

The Breakfast program featured MaryAnn Dietschler, a certified behavioral analyst and author of LifeSkills, who presented her "I Hate Conflict" survival course.

The Agawam Chamber will hold a Holiday Breakfast on Friday, December 8th.

For more information about upcoming Agawam Chamber events or for Chamber membership information, contact 787-1555.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

Agawam Town Council's Oct. 16th Meeting Agenda

1. Citizen's Speak Time
2. Roll Call
3. Moment of Silence and the Pledge of Allegiance
4. Minutes - None.
5. Declaration from Council President
6. Presentation of Petitions, Memorials, & Remonstrances
 - (a) Resolutions
 1. TR-2000-43- A Resolution Establishing a Stop Sign at the Intersection of Karen Drive and Yarmouth Drive with Cooper Street and Blair's Hill Road with Line Street (Mayor).
 2. TR-2000-44- A Resolution to File Special Legislation with the Commonwealth of Mass. to amend Sec. 2-6 of the Agawam Home Rule Charter Regarding the Filling of Vacancies in the Office of Councilor in the City known as the Town of Agawam (Coun. Bitzas).
7. Report of Council Committees
 - None.
8. Elections
 - None.
9. Public Hearings
 - (a)
 1. PH-2000-12- (TR-2000-37) - A Resolution Accepting MGL Ch. 59 Paragraph 57C, Providing for the Payment of Real Estate and Personal Property Taxes on a Quarterly Basis Commencing with FY2002. (Coun. Rossi)(Conduct Public Hearing).
10. Old Business
 - (a)
 1. TOR-2000-8- An Ordinance Amending the Code of the Town of Agawam by Adding Sec. 1-7 in Accordance with MGL Ch. 40, Sec. 57 (Mayor)(2nd Reading)(Ref. To Ordin. Comm. on 9/20/00)(Tabled on 10/2/2000).

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AGAWAM DEMOCRATIC COMMITTEE

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 AHS Student trip to Boston Capital

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EDWARD A. CABA

Agawam Democratic Comm. Announces Democrat Of The Year

The Agawam Democratic Committee is pleased to announce that the Democrat of the Year award will be granted to Edward A. "Eddie" Caba in Memoriam at its Annual Breakfast on October 22nd at Chez Josef.

In addition to being an active member of the state and local Democratic Party, Caba was a Navy veteran and served Agawam as Town Clerk, Town Manager, City Councilor, Town Councilor, Selectman, Town Meeting member, and on various other boards and committees in town. State Auditor A. Joseph DeNucci, for whom Caba worked for a number of years, will be the guest speaker.

"Eddie was always at the top of the list when we were nominating people as Democrat of the Year, and we always thought we had plenty of time left in which we could honor him. Unfortunately, we waited a year too long," stated Committee President Gina M. Letellier.

Please join us in honoring Ed Caba and thanking his family for his years of dedication to the Democratic Party and the Town of Agawam. Tickets may be purchased from any Democratic Committee member or by calling Maureen Scibelli, Jack Rioni, or Gina M. Letellier. Tickets are \$20 for a fabulous Chez Josef buffet breakfast.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Melconian Attends National Conference

Senate Majority Leader Linda J. Melconian (D-Springfield) attended the third International Conference of the American International Women's Association in Yerevan, Armenia from October 8th-11th. She spoke on the role of women in politics and offered real life examples from her own political career on how attendees can achieve public office and become persuasive and effective legislators.

"It was a great honor to be able to represent the Senate, the citizens of Massachusetts, and my country at this third International Conference," said Melconian. "By sharing my own experiences, I hope I can help Armenia's burgeoning young Republic continue to grow and mature."

The conference theme was, "New Visions, New Horizons" and included speeches from men and women from across the globe on leadership, women in politics, women's health, and Armenian feminism. Panel discussions addressed a wide spectrum of social and political issues ranging from art and economics to education and family structure. Speakers from a number of nations, including Armenia, the United States, Canada, and Germany attended.

Senator Melconia discussed the broad theme of female involvement in the political process, including the barriers that exist to women's full political participation. She drew on her own personal experience as a legislator, including her recent efforts to pass the Chapter 254 of the Acts of 2000, "An Act Relative to Insurance and Genetic Testing and Privacy Protection."

"I appreciate being able to speak and to learn from so many talented men and women," said Melconian. "Their insights and experience as leaders will help me better serve my constituents."

LEGAL NOTICE
**TOWN OF AGAWAM
PLANNING BOARD**

The Agawam Planning Board will hold a public hearing on Thursday, October 19, 2000 at 7:15 PM at the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, MA. The purpose of this hearing will be to hear the petition of Frank DeCaro for a proposed zone change. The proposal is to rezone a portion of land on Springfield Street, approximately 350 feet west of Northwood Street from Agriculture to Business A.

LEGAL NOTICE
**TOWN OF AGAWAM
PLANNING BOARD**
BY ORDER OF:

Charles R. Calabrese, Chairman
 Agawam Planning Board

Published: October 12, 2000

LEGAL NOTICE
**TOWN OF AGAWAM
APPROVED
TOR-2000-7**
**AN ORDINANCE AMENDING SECTION 82-2 OF
THE CODE OF THE TOWN OF AGAWAM**

WHEREAS, Section 82-2 of the Code of the Town of Agawam provides for the waiver of inspection certificate fees by the Building Department for buildings or structures or parts thereof owned by the Town; and

WHEREAS, the Town is currently required to pay for building, electrical and plumbing permits required for building or structures or parts thereof owned by the Town; and

WHEREAS, the waiver of said permit fees shall reduce paperwork and increase efficiency within the Town's departments; and

WHEREAS, it is in the best interest of the Town of Agawam to amend Section 82-2 of the Code of the Town of Agawam;

**NOW THEREFORE, BE IT ORDAINED BY THE
AGAWAM CITY COUNCIL AS FOLLOWS:**

That the Code of the Town of Agawam be amended by amending Section 82-2 to read as follows:

Section 82-2. Waiver of inspection certificate fees, building, electrical and plumbing permit fees.

Building, electrical and plumbing permit fees and inspection certificate fees by the Inspection Services Department or Building Department shall be waived in their entirety for buildings or structures or parts thereof owned by the Town.

Inspection certificate fees by the Inspection Services Department or Building Department shall be waived in their entirety for buildings or structures or parts thereof used solely for religious purposes.

Nothing herein shall be construed as a waiver of the requirement to obtain an inspection certificate or to obtain a building, electrical, or plumbing permit.

Dated this third day of October, 2000.

PER ORDER OF THE AGAWAM CITY COUNCIL

Robert Magovern, City Council President

APPROVED AS TO FORM AND LEGALITY

Thomas S. Locke, City Solicitor

Published: October 12, 2000

Dal Molin Golf Tournament On Sun., October 15th

The Thomas Dal Molin Scholarship Committee will be holding their Annual Golf Tournament on Sunday, October 15th, at St. Anne Country Club in Feeding Hills.

The cost for the event is \$65.00 and includes green fees, cart, and dinner.

For tee times, call Kip at 786-9773, Brian at 789-2901, or Mary Lou at 786-1959.

Checks should be made payable to the Thomas Dal Molin Scholarship Fund, c/o Mary Lou Vigue, 70 Reed Street, Agawam, MA, 01001.

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- Agawam Obituaries -

RAYMOND G. ARNOLD

Raymond G. Arnold, 86, of Wilson Street, Agawam, died recently at Baystate Medical Center in Springfield.

He worked for Amtrak for 42 years and retired in 1978.

Born in Agawam, he was lifelong resident of that town.

He leaves his wife of 64 years, the former Anna L. Tupper; a son, Roy R. of Agawam; three daughters, Carol Ann Howe of Suffield, CT, Sandra Garrett of Rosamond, CA, and Lynn Ann Arnold of Agawam; two sisters, Margaret Arnold and Eunice Andros, both of Agawam; five grandchildren; and 11 great-grandchildren.

The funeral was held at St. David's Episcopal Church. Burial was private, and Colonial-Forastiere Funeral Home was in charge of the arrangements.

CAROL BILLINGS

Carol (Tricinella) Billings, 59, of 76 Beekman Drive, Agawam, died on Tuesday, October 10th, at home.

She was a human resources assistant at Hamilton Standard Division of United Technologies Corp. in Windsor Locks, CT, for 25 years.

Born in Springfield, she was a lifelong resident of Agawam, a 1958 graduate of Agawam High School, and a 1960 graduate of Bay Path College in Longmeadow.

She was a communicant of St. John the Evangelist Church and a past president of the Beekman Estates

Association.

She leaves a daughter, Jennifer Powell of Wilbraham; her mother, Theresa Tricinella of Agawam; a sister, Cynthia Tricinella of Springfield; and her husband, Charles Billings of Brattleboro, VT.

The funeral will be held on Friday morning, October 13th, at Colonial-Forastiere Funeral Home and the church, with burial in St. Thomas Cemetery. A calling hour will precede the funeral.

Memorial contributions may be made to the Dana Farber Cancer Institute, 44 Binney Street, Boston, MA 02115.

JOSEPH A. COLLETTE, JR.

Joseph A. Collette, Jr., 60, of Powertown

SEE OBITUARIES - Page 8

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OBITUARIES - from Page 7

Apartment, Turners Falls, died recently at the Veterans Medical Center in West Haven, CT.

Born in Montague City on April 11th, 1940, he was the son of Joseph A. Sr. and Mary E. (Tierney) Collette. He attended Turners Falls High School and earned his GED while in the service. He had been a resident of Millers Falls before moving to Turners Falls in 1989. He was a cook for DJ Barron's for several years.

A retired military serviceman, he served in the Army from 1957 to 1961, the Navy from 1961 to 1976, and the Air Force from 1976 until retiring as a staff sergeant in 1979.

He was a member of Daly-Solomon Veterans of Foreign Wars Post 923 of Turners Falls and former member and past commander of Coutu-Murphy VFW Post of Millers Falls.

He leaves three brothers, Donald J. of Millers Falls, Francis P. of Montague, and John T. of Vernon, CT; three sisters, Ann Andrews and Mary Van Valkenburg, both of Millers Falls, and Rose Ciborowski of Agawam; and several nieces and nephews.

A memorial service will be held on a date and time to be announced. Burial will be at the convenience of the family, and there are no calling hours.

Memorial contributions are suggested to Daly-Solomon VFW Post 923, in care of its Children's Fund, 109 Avenue A, Turners Falls, MA 01376. Konstanski Funeral Home was in charge of the arrangements.

BARBARA M. DIFLUMERA

Barbara Marie DiFlumera, 40, of 41 Lorraine Street, Chicopee, died on Saturday, October 7th.

Born in Springfield, she lived in Feeding Hills for many years before moving to Chicopee.

She graduated from Agawam High School in 1977 and attended Lyndon State College in Vermont.

She worked for Dunsirn Industries Inc.

She was a volunteer for many organizations, including the Lionettes and the American Red Cross.

She leaves a son, Trevor Michael Dionne-DiFlumera of Chicopee; a brother, Joseph J. Jr.; two sisters, Laura Jean DiFlumera and Lisa Pelletier, both of Feeding Hills; her father, Joseph J. DiFlumera of Ormond Beach, FL; her mother, Jeannette A. (DeForge) DiFlumera of Feeding Hills; and her lifetime companion, Terri Dionne-DiFlumera of Chicopee.

Funeral services were held at Agawam Funeral Home and in Sacred Heart Church, with burial in Springfield Street Cemetery, both in Feeding Hills. Memorial contributions may be made to the Visiting Nurse Association Hospice Alliance, 168 Industrial Drive, Northampton, MA 01060.

EDDIE D. DOWNEY, JR.

Eddie D. Downey, Jr., 84, formerly of 21 South Florida Drive, Agawam, and Springfield, died recently at a local nursing home.

He was the owner and partner of Springfield Plumbing Supply Co. Inc. for eight years and retired in 1981. He was previously a salesman for Keystone Plumbing Supply and the sales manager of the former Crane Co. He was also a registered real estate agent.

Born in Springfield, he graduated from Commerce High School and lived in Springfield for 60 years before moving to Agawam 24 years ago. He was a communicant of St. John the Evangelist Church.

His wife, the former Gertrude W. Walence, died in 1988, and a son, E. Daniel, in 1964.

He leaves a stepson, John E. Poliwczak of Agawam; a stepdaughter, Charlene Murphy of Chicopee; and three stepgrandchildren.

The funeral was held at Colonial-Forastiere Funeral Home and the church, with burial in St. Michael's Cemetery, Springfield. Memorial contributions may be made to the American Cancer Society, 31 Capital Drive, West Springfield, MA 01089.

FRANCIS P. MARCHAND

Francis P. Marchand, 72, of 1080 River Road, Agawam, died recently at a local nursing home.

He was the retired owner and operator of service stations in Springfield. He was later a car representa-

tive for Avis Rental of Springfield, a bus driver in Agawam and Belchertown, a used car dealer, and a Hampden County deputy sheriff.

Born in Chicopee, he lived in Agawam since 1962.

He was a Navy veteran of the Korean War and belonged to the Veterans of Foreign Wars, the Lions Club, and the Chicopee Elks Lodge.

He leaves a son, Francis P. Jr. of Tewksbury; a daughter, Donna-Marie Hardt of Spruce Head, Maine; his former wife, Barbara J. Fields; a granddaughter; and a stepgrandson.

The funeral will be held on Friday morning, October 13th, at West Springfield Curran-Jones Funeral Home, with burial to be arranged in the Massachusetts Veterans Memorial Cemetery, Agawam. Calling hours were scheduled for the afternoon and evening of Thursday, October 12th.

Memorial contributions may be made to the Visiting Nurse Association and Hospice of Western New England, P.O. Box 9058, 50 Maple Street, Springfield, MA 01102-9058.

CRISPINO ORLANDO

Crispino Orlando, 79, of Greenfield, died recently at a local nursing home.

He was a toolmaker at the former Moore Drop Forge Co. of Springfield and retired in 1985.

Born in Agnone, Italy, he came to this country in 1954 and lived in Springfield for 43 years. He moved to Greenfield in 1997.

He was a past communicant of Our Lady of Mount Carmel Church in Springfield. He served in the Italian Army during World War II and was a prisoner in Germany for two years.

He leaves his wife of 60 years, the former Filomena Orlando; a son, Frank P. of Agawam; a daughter, Teresa Jepson of Greenfield; three grandchildren; and a great-granddaughter.

The funeral was held at Colonial-Forastiere Funeral Home and St. John the Evangelist Church,

SEE OBITUARIES - Page 9

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Melconian Promotes Day Of Concern About Gun Violence

Senate Majority Leader Linda J. Melconian (D-Springfield) is urging every student in her district and across the state to participate in the National Day of Concern about Young People and Gun Violence on October 17th.

"The events of April 20, 1999 in Columbine, Colorado were only the most awful in a long string of incidents that highlight the dangers inherent when student violence escalates out of control," said Melconian. "On October 17th, I hope that every student in Massachusetts will help to make our schools and our communities safer by pledging to never use guns to settle disputes."

OBITUARIES - from Page 8

with burial in Springfield Street Cemetery, all in Agawam.

MARY L. SULLIVAN

Mary Loretta (Desmarais) Sullivan, 80, of 1200 Suffield Street, Agawam, died recently at a local nursing home.

She worked for the Open Window Book & Gift Shop Diocese of Springfield and was a former associate editor and book columnist for the Passionist magazine. She was also an associate of the Sisters of St. Joseph for many years.

Born in Northampton, she lived in Holyoke for many years before moving to Agawam several years ago. She graduated from Cathedral High School in 1937 and from Elms College in 1941.

For more than 20 years, she was a member of Sacred Heart Church in Feeding Hills, serving as president of its women's club, teaching confraternity classes, and serving as a member of the parish council.

She was predeceased by her husband, John Sullivan.

She leaves two sons, Martin J. of Manchester, NH, and Kevin J. of Gardner; two sisters, Ann Burns of Longmeadow and Elizabeth Woodruff of New York City; and two granddaughters.

The funeral will be held on the morning of Saturday, October 21st, at Holy Family Church, Mont Marie, with burial in Mt. Marie Cemetery, both in Holyoke. There are no calling hours, and Grise Funeral Home of Chicopee is in charge of the arrangements. Memorial contributions may be made to Elms College Library Book Fund, Springfield Street, Chicopee, MA 01013, or to Open Window Book & Gift Shop Diocese of Springfield, 14 Center Street, Chicopee, MA 01013.

- ADVERTISER NEWS -

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Last year, more than two million students signed a voluntary pledge to never bring a gun to school, to never use a gun to settle a dispute, and to use their influence with their friends to keep them from using guns to settle disputes. By signing this pledge, it is hoped that students will see themselves as part of a larger effort to stem the tide of school violence.

"The problems of school violence and gun violence have no easy solutions," said Melconian. "We must solve them through a collective effort by teachers, administrators, parents, and most importantly, the students themselves."

The pledge against school violence has been

endorsed by a wide variety of groups, including the American Federation of Teachers, the National PTA, the National Council of Churches, and the Center to Prevent Handgun Violence. Individual school districts can plan a number of events in conjunction with the signing of this pledge such as asking emergency room doctors to speak about operating on a gun shot victim or planting trees to symbolize students' continuing commitment to the pledge.

"Our young people play a central role in making their own lives safer," said Melconian. "This pledge empowers students by emphasizing that their individual decision to avoid violence benefits all of us."

Melconian Announces Recent Passage Of Community Preservation Act

Senate Majority Leader Linda J. Melconian (D-Springfield) announced the House and Senate passage on Monday, September 11th, of the Community Preservation Act.

This legislation gives local cities and towns the opportunity to utilize a combination of local tax revenue and state funding to protect open space, preserve historic sites, and create affordable housing.

"The Community Preservation Act gives local cities and towns a vital tool to preserve the features that make our communities unique and desirable places to live and work," said Melconian.

"This legislation will allow the fundamental character of communities to remain intact."

The legislation establishes a state and local partnership to help strengthen the Commonwealth's cities and towns. The state will establish a pool of funds - expected to be more than \$26 million annually - which communities can access by raising funds at the local level.

Cities and towns can then focus on their own par-

ticular concerns from increasing parkland to restoring historic structures. However, at least ten percent of each community's funds from the act must be invested in open space, affordable housing, and historic preservation. Local officials would have to gain approval through a voter referendum for any property tax increases.

The legislation enjoys the support of environmental, housing, and preservation advocates.

It is estimated that Massachusetts loses 44 acres of open space - the equivalent of the Boston Common - every week.

"The creep of sprawl, the spike in real estate prices, and the aging of our historic sites are significant threats to communities I represent," said Senator Melconian.

The senator went on to say, "We developed this legislation and fought for it because we know that these challenges are best addressed at the local level."

We want the best parts of our communities to be retained and improved for future generations."

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What To Do About Head Lice

Question: My child has been told that he has head lice. I am so embarrassed! I am a particular person and always keep my children clean. Where did these come from and what should I do?

Answer: Head lice (*pediculus humans capitis*) knows no specific culture, gender, or economic status. It has been passed from human to human for thousands of years. Dehydrated head lice and nits have been found on the scalps of Egyptian mummies, and were present in the New World long before Columbus ever arrived! It is a human parasitic insect that lives on the scalp of human beings.

Children of school age are great givers and receivers and most schools have outbreaks every year. Teach your children that sharing combs and brushes and wearing another child's hat could set them up for infestation. If you child has been diagnosed, then keep them home until they are nit-free and reassessment from the school nurse is done. This will ensure that the spread is minimal.

The major symptom of lice infestation is itching. This is caused by the injection of louse saliva into the scalp. Sometimes all the child will complain about is that it feels like something is crawling in their hair. You will be able to see the nits on the hair shaft. They usually avoid light and appear as tiny, whitish-tan ovals no bigger than a sesame seed. Most commonly they can be detected on the crown of the head, behind the ears, or at the nape of the neck.

The louse produces an epoxy-like cement that glues the newly laid nit to the hair shaft, thus making it almost impossible to scrape it off with your fingernails. Females are fertilized once by a male louse and are then fertile throughout their life cycle. Females can lay between three to six eggs every 24 hours. The incubation cycle of the nit is from seven to 10 days and takes about 10 to 12 days to reach maturity. At that point, they can lay eggs and live an additional 30 days.

Lice can only live between six to 20 hours off the head. Lice and their eggs can live longer in very warm and humid environments. Lice do not feed, breed, or lay eggs when off of the human head. If a live nit is off the head, it probably will not hatch off the head unless it is extremely hot and humid and then will die within an hour without a blood meal.

Animals such as dogs and cats cannot catch human head lice because these do not feed on animals. This is important to know as you do not need to treat your animals. You also do not need to treat any family members that are not infested as the products used will not prevent head lice, only treat it.

Next week, I will explain how to eliminate lice in three easy steps.

Thought for a smile: geese flying in a V formation.

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Having Fun At Mentoring Day At Six Flags



A GROUP FROM BIG BROTHERS BIG SISTERS was escorted at Six Flags on Sept. 15th by Agawam resident and realtor Abe Kasparian and volunteer Peter Savioli (back right). From left - Big Sister Nicole Hudson, Little Sister Jasmin, Kasparian, and Little Brother Ernest. The event was sponsored by the Greater Springfield Assoc. of Realtor's Community Service Committee, which donated food for the evening. Six Flags donated admission. For more information about Big Brothers Big Sisters, call 781-4730 or visit their website at www.bigbrothers-sisters.org.

Agawam Women's Club To Host Fashion Showcase & Buffet Brunch, Oct. 29th

A Fall Fashion Showcase and Buffet Brunch will be held on Sunday, October 29th, sponsored by the Agawam Women's Club to help fund their many community projects.

A few examples include the Agawam High School Scholarship Fund, Holyoke Soldiers' Home, local nursing homes, and holiday gift baskets for needy families.

This is the club's major fundraiser, held at Chez Josef in the Tivoli Room, with the social half-hour

beginning at 12:00 noon, followed by the luncheon from 12:30-2:00 p.m.

Lorraine Gorham and Lorraine's Fashion Showcase of Holyoke will narrate the fashion show. There will be numerous door prizes and three beautiful raffle baskets.

For tickets and further information, please call 786-3091. A donation of \$22 per person is requested. Your support for the Agawam Women's Club's community projects is greatly appreciated.

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Agawam Senior Games Athletes Will Hold Breakfast

The Agawam Senior Games Athletes will hold their Annual French Toast Breakfast on Sunday, October 15th at the Agawam Senior Center.

There will be continuous servings from 8:00 a.m. to noontime.

The menu will consist of French toast, sausage, orange juice, and coffee, tea, or milk. We will have egg substitute for those who can't have eggs.

ASGA will be assisted by the Agawam Lions Club, who will do the cooking.

This event promises to be a very enjoyable morning with family and friends.

We hope to see many of our friends and civic leaders come out for this event.

The tickets will be \$3.00 for adults, and \$1.50 for children under 10. Tickets may be purchased from any member of ASGA, or at the Senior Center.

ASGA To Sponsor Trip To Mohegan Sun

The Agawam Senior Games Athletes will sponsor a trip to Mohegan Sun on Monday, October 16th. The price will be \$16 and will include gratuities.

Mohegan Sun will offer a \$10 meal ticket, and a \$10 free play on the Big Wheel. We are looking forward to a full bus, and a special day of fun with our friends.

We will leave the Senior Center at 8:00 a.m. sharp, arriving at Mohegan Sun at approximately 9:30 a.m. We will leave Mohegan Sun at 4:00 p.m., arriving home at approximately 5:30 p.m.

To obtain a ticket, please call Vi Presz at 786-3164 or purchase a ticket at the Senior Center.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone.

Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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Kiwanis Induct New Officers



THE WEST SPRINGFIELD-AGAWAM KIWANIS CLUB recently inducted its officers for the coming year. From left - Len Anair, president; Nancy Whitehead, treasurer; Kay Buoniconti, retiring president; Ed Walsh, secretary; Diane Anair, first vice-president; and Andy Oleksak, lieutenant governor. The induction followed the club's monthly dinner at Take Five Restaurant. For more information on the Kiwanis Club, call 734-2168.

Heritage Hall Seeks Vendors For Annual Holiday Bazaar On Sat., November 18th

Heritage Hall Centers, members of the Genesis ElderCare network, are having their annual Christmas Bazaar on Saturday, November 18th from 10:00 a.m.-3:00 p.m.

The bazaar will take place on the Heritage Hall campus located off of Cooper Street and Main Street.

Vendors are sought to participate in the Bazaar. Tables are \$15 each.

Please bring your crafts and help support the residents of Heritage Hall.

In addition to vendors, each of the four campus buildings will be selling craft items and baked goods made by Heritage Hall residents and the community.

For more information, contact Kimberly George, Director of Volunteer Services, at 413/786-8000, ext. 217.

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THE GOLDEN AGE CLUB, CHAPTER 2 ANNIVERSARY BANQUET Committee members (from left) Perry McCobb, Virginia Lake, Lee Dion, Thelma Gardner, Mary Spinelli, Eileen Collier, and Arthur Collier. Advertiser News photo by Kathy Shepard.



ENJOYING THE AGAWAM GOLDEN AGE CLUB, CHAPTER 2 Anniversary Banquet, held October 4th at Shaker Farms Country Club in Westfield, are (back row-from left) Annette Phaneuf, Christine Balch, & Nellie Freyer. **FRONT ROW** (from left) - Vickie Natale, Alice Longley, and Anne Roberts. Advertiser News photo by Kathy Shepard.

If you have dropped off any photos to our office for Boy Scout activities, church events, etc., please pick them up after they appear in The AAN...

Agawam Golden Age Club, Chapter 2 Holds Banquet

The Agawam Golden Age Club, Chapter 2 held its 18th Anniversary Banquet at Shaker Farms Country Club in Westfield on Wednesday, October 4th.

A social hour was enjoyed by the club members prior to dinner.

At noon, President Perry McCobb welcomed the club members and led them in the Pledge of Allegiance, followed by a prayer by Chaplain Leanore Dion.

A delicious dinner consisting of a choice of roast beef, chicken breast, and baked scrod was served by the staff of the Shaker Farms Country Club.

The President expressed special thanks to the Banquet Committee: Thelma Gardner (table arrangements); Mary Spinelli (punches); Arthur & Eileen Collier (ticket sales); Lee Dion (Chaplain); and Virginia Lake (entertainment).

Special recognition was made to the following couples celebrating their 50th wedding anniversary this year: Richard & Mildred Dutton, John & Anna Greguoli, and Larry & Claire Viens.

Each couple received a miniature decorated wedding cake prepared by Leanore Dion. Several couples celebrating 51st to 70th wedding anniversaries were recognized and called to the podium, where the wives were presented a yellow carnation by their husbands.

Dancing to the "Anniversary Waltz" concluded this special program.

Virginia Lake, program chairwoman, introduced the entertainment for the afternoon, "West Side Tappers."

Friends/COA Awards Dinner

Planned For Oct. 19

The "Friends"/COA Annual Awards Dinner will be held on Thursday, October 19th at Partners Restaurant on Springfield Street. Members of "Friends" and the COA Board are asked to support this fundraiser.

Tickets are \$12 and the choice of meals is stuffed boneless breast of chicken or baked scrod. Tickets may be purchased at the Senior Center or from "Friends" board members.

Our featured speaker for the evening will be Kevin McGurk, reporter from the *Springfield Newspapers*, who writes the SOS column.

The Andrew Gallano Award will be presented to Harold Davis and the "Friendship" Award from "Friends" will be awarded to Nellie Mathias.

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50th Anniversaries Celebrated At Banquet



AT THE GOLDEN AGE CLUB, CHAPTER 2 Anniversary Banquet held Oct. 4th, these couples were among those honored in celebration of their 50th wedding anniversary. From left - Larry & Claire Viens and Anna & John Greguoli. Advertiser News photo by Kathy Shepard

Feeding Hills Grange To Host Polish Supper, Sat., October 21st

Community Grange #382 will hold a Polish Supper on Saturday, October 21st, from 4:30-6:30 p.m. at the Grange Hall located at 47 North West St.

The menu will consist of homemade stuffed cabbage, kielbasa, baked beans, vegetable, rye bread and butter, choice of dessert, coffee, tea, juice, or milk. Donation is \$7 for adults and \$3.50 for children

under 12.

Reservations are strongly suggested and can be made by calling Pauline at 789-2061 or Evelyn at 786-0821. If you missed the last one, don't miss this one!

The public is invited to attend. Our supper will be held in memory of our chef, Alexander Sosnowich.

Agawam Senior Center's Weekly Lunch Menu

Monday, October 16th: Tortellini soup, meatball sub, tossed salad, baked apple.

Tuesday, October 17th: Chicken cutlet on a roll with lettuce & tomatoes, steak fries, brownies.

Wednesday, October 18th: Meatloaf with gravy, mashed potatoes, green beans, rye bread, tapioca pudding.

Thursday, October 19th: Sweet & sour ribs, white rice, mixed vegetables, whole wheat bread, pineapple.

Friday, October 20th: Seafood casserole & egg noodles, tossed salad, breadsticks, pears.

(Menu subject to change without notice.)

AHS Class Of 1980's 20th Reunion Invites Out

Invitations for the Agawam High School Class of 1980's 20th Reunion have been mailed out. The reunion will be held Friday evening, October 27th at Chez Josef.

If you have not received an invitation or you know someone who hasn't, please contact the committee by mail at P.O. Box 341, Agawam, MA 01001 or by e-mail at msuttondrake@village.com.

If you have received your invite, please respond at your earliest convenience. Thanks, and we look forward to seeing everyone on October 27th!

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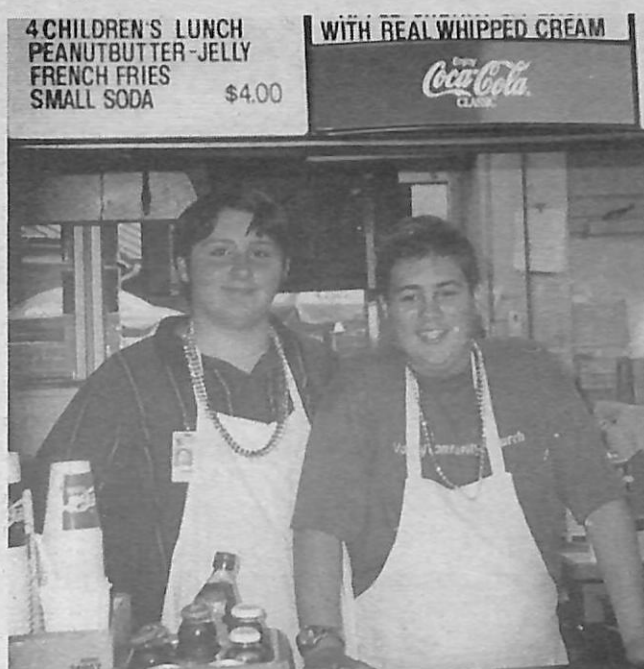


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Agawam At The Big E ...



CHRIS DEJONGH & TYLER PEARSONS stand ready to serve at The Valley Community Food Booth at The Big E.

Valley Community Church At The Big E

Chris deJongh of Agawam and Tyler Pearsons of Suffield as well as several other parishioners volunteered their services recently over the 17-day run of The Big E to serve patrons at the popular Valley Community Church Food Booth.

In operation since the early 60's, the Valley Community Church booth is one of the few remaining church restaurants at The Big E and now claims the distinction of being the oldest, continuously-running church booth at the fair.

The church prides itself in its breakfasts, which were served from 6:00-11:30 a.m. for all 17 days of the fair. The booth was also open three mornings prior to The Big E opening to serve farmers and ride operators, who came to the grounds early to set up.

The full breakfasts of pancakes or eggs, meat, toast, homefries, and beverage for only \$5 was a real deal for fairgoers. The booth stayed open until the 10:00 p.m. closing, serving hamburgs, hotdogs, sandwiches, and soups to its steady stream of devoted customers. All profits from the booth sales go to help sustain the church, located at 152 S. Westfield St. in Feeding Hills.

Ready to serve the community whether at The Big E or high on the hill overlooking the Valley, Valley Community Church welcomes all those of Christian faith to join them at worship, 9:30 a.m. Sunday mornings or at Open Prayer, 7:00 p.m., Thursdays.

Linda Nelson Named Big E "Host Of The Day"

Linda Nelson of Agawam was named Big E Host of the Day by Eastern States Exposition President Wayne McCary on September 16th.

Now in her 35th year at The Big E, Nelson works as a Bus Greeter in the Bus Depot, and helps coordinate the group tours as they arrive and depart the Fair. She previously worked as a ticket seller and a tour guide for the Tour Trams that used to travel the fairgrounds.

The Host of the Day award recognizes employees, volunteers, and other members of The Big E family who exemplify the fair's philosophy of positive customer relations. It has been part of the Exposition's customer service program since 1989, established for individuals who go "above and beyond the call" in their interactions with fairgoers. Nelson was selected from more than 1,500 personnel working this year at The Big E.

She received a Host of the Day plaque and Big E



SHERRI BLEWS & "TOWN TART" are pictured during the Fitting and Showmanship classes at The Big E 4-H Horse Show.

Sherri Blews Attends 4-H Horse Show At The Big E In West Spfld.

As a member of the 4-H Horse Club, the "Southampton Trail Blazers," Sherri Blews of Feeding Hills was eligible to attend the 4-H Horse Show at The Big E on the weekend of September 23rd and 24th.

To be eligible to attend, the child must be a member of a New England 4-H Horse Club and put in an application to participate at the show. Each state elects delegates to represent their state at the show. Twenty-four delegates are chosen from each state to attend.

Sherri represented the Commonwealth of Massachusetts last year and was again chosen in 2000.

The Horse Show classes are divided into Western, English, and Saddleseat.

Sherri owns an American Saddlebred named "Town Tart" and rides her saddleseat.

Each delegate must participate in the following classes: Fitting & Showmanship; Equestrian; Pleasure; and in the saddleseat division, a special class known as "Road Hack."

There were six entries for the weekend in Sherri's Saddleseat Division and Sherri placed in the top six; third in Fitting and Showmanship; 2nd in Pleasure; 2nd in Equestrian; and a 1st in her favorite class, "Road Hack."

The other delegates in her 4-H group did just as well! The girls all enjoyed participating in the 4-H Eastern States Horse Show and Sherri especially is looking forward to possibly being a delegate for Massachusetts in the year 2001.

Sherri Blews and "Town Tart" also represented "Aspen Hill Farm" at this year's Big E 4-H Horse Show.



AGAWAM RESIDENT LINDA NELSON was presented the Host of the Day award by Eastern States Exposition President Wayne McCary during The Big E in West Springfield. Nelson is a greeter at The Big E bus depot.

2000 commemorative gifts at the surprise presentation. The ceremony was attended by fair officers, managers, and co-workers.

The Big E, New England's Autumn Tradition, features free top name entertainment, a circus, horse

shows, crafts, amusement rides, agriculture events, the Avenue of States, Storowton Village Museum, foods from around the world, and more.

For more information on Big E 2000, call 737-2443 or visit our web site at www.thebige.com.

Agawam At The Big E ...



EASTERN STATES EXPOSITION PRESIDENT Wayne McCary congratulates Joan Sieczkowski of Agawam, who was named the Sept. 26th Host of the Day at Big E 2000. Sieczkowski works in the group sales department at Eastern States Exposition.



THE AGAWAM HIGH SCHOOL MARCHING BAND (above) takes part in "Agawam Day" at The Big E. Band members (below) enjoy some down time after the parade for a well-deserved break and a snack.



Joan Sieczkowski Named Big E "Host Of The Day"

Joan Sieczkowski of Agawam was presented The Big E Host of the Day award September 28, 2000 by Eastern States Exposition President Wayne McCary.

The Springfield native has worked in the group sales department for Eastern States Exposition since March. She initially worked part-time, but has since been promoted to a full-time position. She was formerly employed at Arbella Insurance.

"Joan has a great attitude," said Tom Zielinski, group sales manager at Eastern States Exposition. "She is great on the phone, and really nice to people."

The Host of the Day award recognizes employees, volunteers, and other members of The Big E family who exemplify the fair's philosophy of positive customer relations. It has been part of the Exposition's customer service program since 1989, established for individuals who go "above and beyond the call" in their interactions with fairgoers. Sieczkowski was selected from more than 1,500 personnel working this year at The Big E.

She received a Host of the Day plaque and 2000 Big E commemorative gifts at the surprise presentation. The ceremony was attended by fair officers, managers, and co-workers.

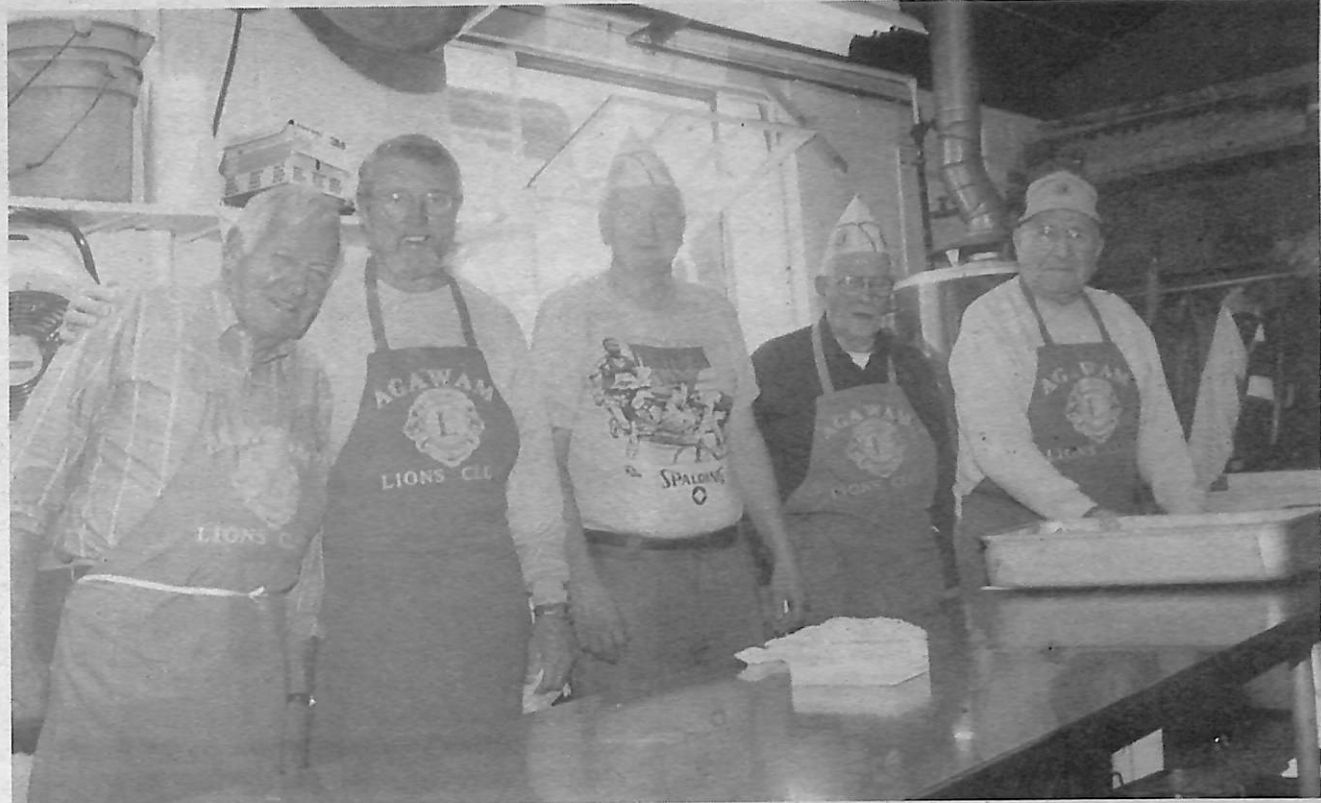
New year's Big E, "New England's Autumn Tradition," will take place September 14-30, 2001.



TRISH HARNOIS OF AGAWAM demonstrates the comfort of a Golden Hammock at The Big E in West Springfield. Advertiser News photo by Kathy Shepard.

*Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...
ADVERTISER NEWS!!!*

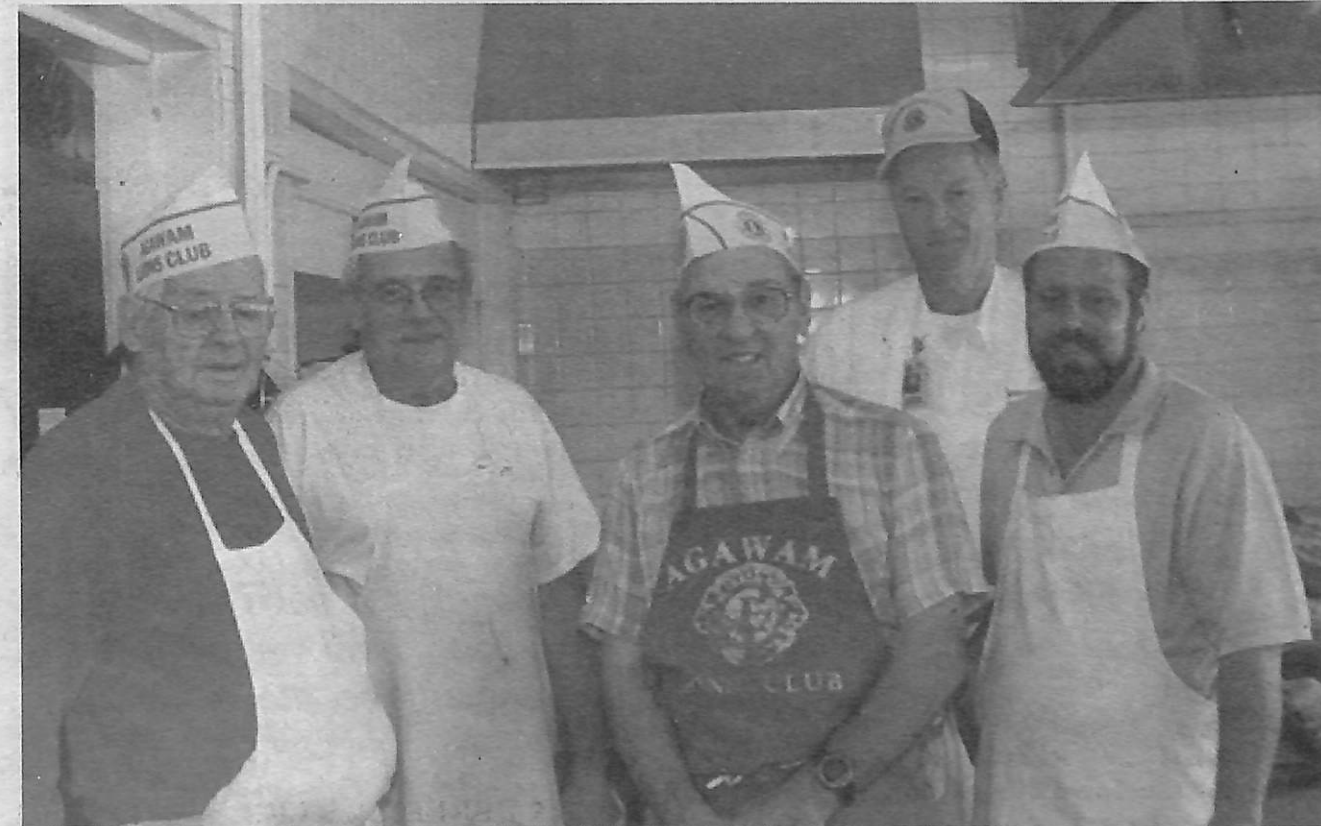
Agawam At The Big E ...



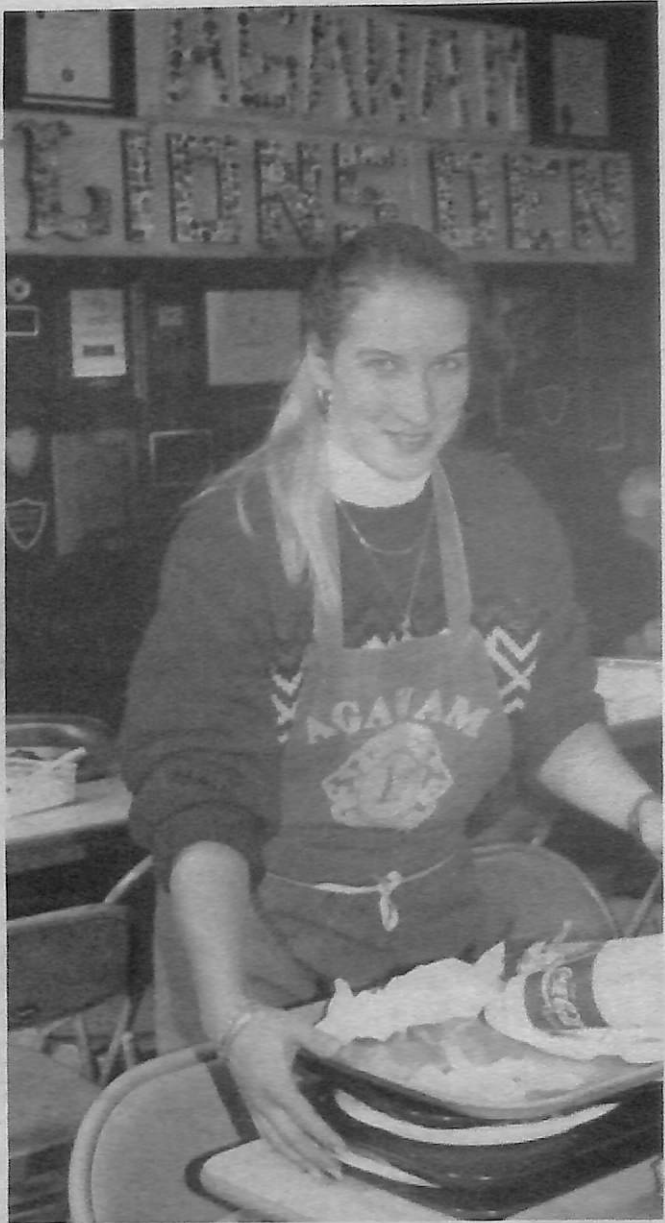
WORKING IN THE KITCHEN OF the popular Agawam “Lions Den” at The Big E are (from left) Andy Hastings, Don Dowling, Carl Jackobek, Paul Martin, and Wes Bradford. Advertiser News photo by Kathy Shepard.



ALL READY TO SERVE patrons at the famous Agawam “Lions Den” at the Big E in West Springfield are (from left) Pat Sherry, Cathy Sears, Lou Blackak, Miriam Taupier, and Rose Kieffer. Advertiser News photo by Kathy Shepard.



DONNING THEIR CHEF HATS IN THE LIONS DEN at the Big E are (from left) Bill Gardiner, Don Gutermann, Matt Blackak, Roger Sherry, and Ron Jean. Advertiser News photo by Kathy Shepard.



KIM CAMYRE WAS PART of the clean-up crew at the Agawam “Lions Den” during The Big E. Advertiser News photo by Kathy Shepard



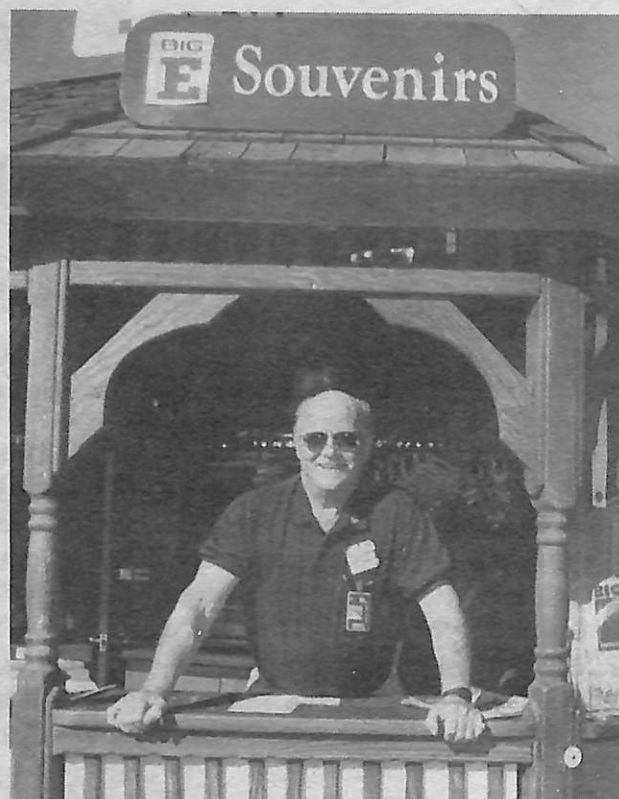
BILL HULSE OF AGAWAM served as Gate Captain at The Big E in West Springfield. Advertiser News photo by Kathy Shepard.

Be sure to check our classifieds each and every week....AAN!!!

Agawam At The Big E ...



AGAWAM RESIDENTS WORKING IN THE MAINE BUILDING at the popular potato booth are Helen Walsh, Bernice Consolini, Carol Pignatare, Peg Altobelli, Cindy Weber, Christin Lehberger, Noreen Warner, and Kathy Kane. Advertiser News photo by Kathy Shepard.



EMETT WALSH OF AGAWAM works the Information Booth at The Big E in West Springfield. Advertiser News photo by Kathy Shepard



JULIA KOZIKOWSKI & BARBARA PEMBERTON (president of the Agawam Garden Club) sit in front of their display at The Big E in West Springfield. Advertiser News photo by Kathy Shepard.



BARBARA FOLEY OF AGAWAM celebrated her eighth year of working at The Big E in West Springfield. This year, she manned the Information Booth. Advertiser News photo by Kathy Shepard.



EDWARD KELLOGG (left), veterans' administrator for the Town of Agawam, and Agawam Mayor **Richard Cohen** (right) accept donations on behalf of the National Veterans' Cemetery and the town's Skateboard Project, respectively. **Wayne McCary** (center), president of Eastern State Exposition, presented the checks on Agawam Day at The Big E.



DONNA BURLEE & ALICE PIETRONIRO were among those working at the Information Booth during Big E 2000. Advertiser News photo by Kathy Shepard.



Church News

Weekly News And Notes From Feeding Hills Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills.

Our Sunday Service of Worship begins at 10:00 a.m. and this week will include the commissioning of those participating in the CROP Walk.

Rev. Donaldson's sermon is entitled "For Those Who Have No Chance." The Scripture reading is Revelation 5:1-14. Justin Matteson will be Lector. Ushers will be Perry and Rose McCobb.

This week's Youth Moment is "Walking Together," a skit about the CROP Walk.

Children, who are invited to attend worship with adults, may leave at the designated time for Sunday School. Nursery care is provided for the very young.

The Annual CROPWALK will take place on Sunday, October 15th. Registration begins at St. David's Episcopal Church at 1:00 p.m. with the walk itself kicking off at 2:00 p.m.

This is a hunger relief event in support of Church World Service programs around the world. A portion of the proceeds goes directly to the Parish Cupboard in West Springfield.

The Cupboard assists families from Agawam, West Springfield, and Southwick. If you would like to participate as a walker or sponsor, please contact Rev. Donaldson at this church (786-5061).

We extend a *Colossal* invitation to all Christian educators! The *Colossal* is a Christian education training event that will be held at this church on October 29th from 2:00 p.m. until 5:00 p.m.

This event, sponsored by the Massachusetts Conference, will feature various workshops designed to help improve the Sunday School experience. Pre-registration is recommended.

Please call the church at 786-5061 for registration information.

Calendar Of Events From Agawam Congregational Church

Sunday, October 15th, is Seminary Sunday and Youth Sunday. Our service begins at 10:30 a.m., with Reverend Earl Eisenbach speaking on "Being A Pretty Good Person."

Childcare is available for infants and toddlers. The Senior Choir, under the leadership of Ellen Cogen, will be singing.

Pastor Earl and his wife, Barbara, are members of the Order of St. Luke (an ecumenical world-wide healing organization) and are available for prayer after the service. Also, following the service there is a fellowship hour in Bryan Hall.

A new photo directory is being compiled. Sign-ups for appointments with the photographer will be taken each Sunday at Coffee Hour or by calling Ann Woodard at 786-1675.

Tuesday - 7:45 a.m. Men's Prayer: Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Wednesday morning. We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship. This is a great time for men to come together and be strengthened.

Wednesday - 7:00 p.m. Midweek: The Midweek Prayer, Healing, and Communion Service resumes at 7:00 p.m. in the Sanctuary. This is an informal service of prayer, communion, and meditation on the healing ministry of Jesus.

Plans are underway for a Chicken Pie Supper to be held here on Saturday, November 11, 2000. Helpers are needed.

Please contact Kathy Rose, Lani Kretschmar, or Bernice Burton on Sunday morning, or call the church office at 786-5061 if you would be able to help.

We have the youth. We have the room. We have the need for a couple bean bag chairs or a small sofa or loveseat for the youth room.

Please call the office or speak to Rev. Donaldson on Sunday morning if you need to arrange for pick-up of your furniture donation.

The deadline to submit articles and information for the next newsletter is Thursday, October 19th. Thank you to those who have dropped off early submissions.

Confucius say, "Those who beat deadline never find article on last page."

On the calendar:

Saturday, October 14th: 2:00-8:00 p.m., Wedding

Sunday, October 15th: 10:00 a.m., Worship/Sunday School; 12:00 noon, Church of Redemption; 1:00 p.m., CROP Walk

Monday, October 16th: 3:30 p.m., Girl Scouts; 6:30 p.m., Cub Scouts; 7:30 p.m., Worship Committee

Tuesday, October 17th: 3:00 p.m., Girl Scouts; 7:00 p.m., A.A.; 7:30 p.m., Lay Minister-Membership Committee; 7:30 p.m., Financial Stewardship Committee

Wednesday, October 18th: 3:00 p.m., Girl Scouts; 6:30 p.m., Girl Scouts; 6:30 p.m., Confirmation Class; 7:30 p.m., Choir

Thursday, October 19th: Newsletter deadline; 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption

Sunday mornings at 9:00 a.m.: "Wrestling with Angels" - a discussion series that tackles life issues head-on. The topic this Sunday will be "How Can I Question and Still Believe?" The co-leaders are Barbara Eisenbach and Gerry Desroches.

Sunday afternoon at 4:00 p.m.: "Grief Share - Your Journey From Mourning to Joy" begins in the Friendship Room. This is a grief support group being led by Pastor Earl and his wife. There is a video presentation on such topics as "When Your Dreams Fall Apart," "The Session of Grief," and "Growing through Grief." The series is Christ-centered and Biblically-based, and includes sharing and healing prayer. This is open to all who are struggling with the loss of loved ones.

On October 21st, there will be a **Chicken & Biscuit Supper at 5:30 p.m.** Call the office at 786-7111 for more information.

On October 29th at 4:00 p.m., the Hampden Association of the United Church of Christ will be installing Rev. Earl E. Eisenbach officially as the Pastor of our congregation.

Members of the community are invited to participate in all the church events. For further information, the church office is open from 8:30 a.m. to 12:30 p.m. every weekday; call 786-7111.

News & Activities At Sacred Heart Church

IRIS SALE FOR ALLIANCE FOR MENTALLY ILL: The Alliance for the Mentally Ill of Western Massachusetts, Inc. will be requesting a donation of \$1 each for silk iris flowers after all Masses on the weekend of October 21st and 22nd. The Iris is the Alliance's symbol of hope adapted from the famous painting of Vincent van Gogh, who suffered from severe mental illness.

NAMI-EM provides free-of-charge advocacy, education, and support for an estimated 20,000 persons with mental illness and their families in Western Mass. The proceeds from the sale of Irises will help to support NAMI-WM office and vital mission.

BLESSING OF VEHICLES: The blessing of vehicles will take place next Sunday, October 15th at 1:00 p.m. at Sacred Heart in the parking lot closer to the rectory. Old vehicles as well as new ones are most welcome. See you then.

CROP WALK: The annual CROP Walk for World Hunger will take place next Sunday, October 15th at 1:00 p.m. beginning at St. David's Episcopal Church on Springfield St. We are looking for some Sacred Heart parish participation.

MASS OF REMEMBRANCE: The planning committee for the Mass of Remembrance and Reception met on Thursday, October 5th. This year, the Mass will be celebrated on Thursday, November 2nd at 7:00 p.m. Anyone interested in being on this committee is invited to attend the meeting.

MASS BOOK: The 2001 Mass book is now available, but only for those wishing to book a significant Wedding Anniversary Mass. Beginning Monday, October 16th, the book will be available for all other 2001 Masses. Only one (1) Mass may be booked at this time.

On Saturday, October 14th...

Art Auction Slated By Catholic Women's Club

Have you sent back your RSVP? It is not too late; tickets are still available for the upcoming art auction hosted by the Catholic Women's Club of Agawam to benefit the club's scholarship fund on Saturday, October 14th. The auction will be held at St. John the Evangelist Church Parish Center, 833 Main Street, Agawam.

Come early and preview the many pieces of fine art presented by Ross Gallery of New York beginning at 6:30 p.m. The auction will start at 7:30 p.m. Refreshments of wine punch, cheese and crackers, and cake and coffee will be served throughout the evening. Door prizes and a raffle will be available at the conclusion of the auction.

The cost of the tickets is \$10 per person or \$15 per couple. Tickets may be purchased at the door, or by contacting Mary Gontczaruk at (413) 786-0283.

Committee members who have made this art auction possible are Angela Beaudry, Alice Buell, Mary Gontczaruk, Peggy Lepper, Joan Malinowski, Elaine Taupier, Jackie Toussaint, and Jane Trevethan, and they look forward to seeing you there!

"Church News" is just one more reason why you turn our pages each and every week ...
ADVERTISER NEWS!!!

Parish News And Notes From St. John's Church

ST. JOHN'S OVER-60 CLUB: Next trip: October 19th to the local Bridgeport Nat'l. Bindery on Silver St. with pizza (11:30 a.m.) in the Parish Center beforehand. For carpooling/reservations, call Lorraine Maniscalchi at 786-4149 or Lil Doyle at 786-9586.

PRESCHOOL SUNDAY PROGRAM: We have begun this week our *PRESCHOOL PROGRAM* for children ages 3-5 in the lower Church during the **9:30 Mass** each Sunday. We hope families will find this a helpful service.

HELP! - WE STILL NEED YOU: The **BAZAAR** is coming ... the **BAZAAR** is coming **DECEMBER 2ND** and *we still need your help*. All the proceeds of the Bazaar go directly to the parish. Come and see how you could fit in. Call **Joan Malinoski, the chairwoman, at 789-0299.**

PARISH PLAY GROUP: The Parish Play Group meets in the lower Church each Tuesday morning from 9:30 a.m.-11:00 a.m. For info, call Julianne Rossi at 786-3744.

CROP WALK 2000 COMING OCT. 15TH: Call the Parish Office at **786-8105** if you wish to participate. It will make you feel good to help someone else!

SENIOR CITIZENS RETREAT: There will be a Retreat for Seniors on **Oct. 25th**, 10-4 at Jericho in Holyoke. Deadline: Oct. 20th. Fee, \$15. Call Office of Pastoral Ministry, 452-0819.

2ND ANNUAL YOUTH HAY RIDE: The 2000 Hay Ride will be Saturday, October 21st. For more info, see the insert in the week's Bulletin or call Debbie Dobrowolski at 786-9676.

Ziti & Meatball Dinner Slated At St. John's Church

A ziti and meatball dinner will be held on Thursday, October 19th, at St. John the Evangelist Church Hall, 833 Main Street, Agawam. Servings will be from 4:00 to 7:00 p.m.

The dinner will also include salad, dessert, and beverages. There will also be door prizes (however, you do not have to be present to win).

Tickets are available at the door, and the cost is \$5 for adults, \$2 for children, and free for youngsters five years of age and under.

The chairman of the event is Gerry Parent (786-2884), and the co-chairman is Jim Coppola (789-1897). The dinner is being sponsored by the Knights of Columbus John F. Kennedy Council #5585 of Agawam.

Real Estate Closings

David A. Ladizki
Attorney At Law

46 Suffield Street
Agawam, MA 01001
(413) 786-9000



Everyone's A Winner At Valley Community Church's Chicken Supper

The first Chicken Olympics were recently held in Benedict, Florida just inside the Panhandle. Now that all winners have gone home to roost, we are happy to report the results.

In the 100m Hurdles, medal favorite Shellmeova Breakereski from Hungry broke stride and went down over hard. She scrambled to get back in the running, but was beaten and whisked past by several runners from Wisconsin. "The Sunnyside to this," she cracked, "I bested my 3-minute time in spite of the half-dozen yokels ahead of me." Dawn Poached won gold.

In the swimming trials, no one went to the medal round as all contestants drowned.

The Coop Vault was won by Henrietta Flapperings with a 6'7" jump. Henrietta forfeited her medal, however, when she did not return to the podium. She is said to have flown the coop and sought asylum in Mihamie.

The USA Grade Dream team won against the delegation team from Tisketaskit 50062 to 3! When

asked why the score was so lopsided, Voncent A. Carton of USA stated, "They put all their eggs in one basket."

The Final event was the Marathon won by Hens Down in a World Record 59 seconds. Hens Down credited her coach, the star of the hit movie, "Chicken Run."

The Olympics ended with a grand finale in which 100 fourth-place Pullets were released, but unfortunately, flew too close to the Olympic Torch. Fortunately for us at Valley Community Church, it occurred just in time for our October Chicken Supper, where, in addition to the oven-baked half chickens, we'll also serve stuffing, mashed potato, gravy, vegetables, salad, roll & butter, beverage, and dessert.

We welcome our members and the community to come October 14th, 5:00-6:30 p.m. and celebrate our Olympic Winners and eat the losers. For reservations, please call 786-2445.

Bethany Assembly Of God Church Offers Clothing To The Needy On A Weekly Basis

Bethany Assembly of God, located at Route 57 and Main Street, invites individuals and families who are in need of clothing to visit the church on Tuesdays from 9:00 a.m. to 12:00 noon.

Carole and Ron DeMatteo, who manage the free service of community outreach, said the small but

busy facility also offers other donated items such as bedding, shoes, toys, and games.

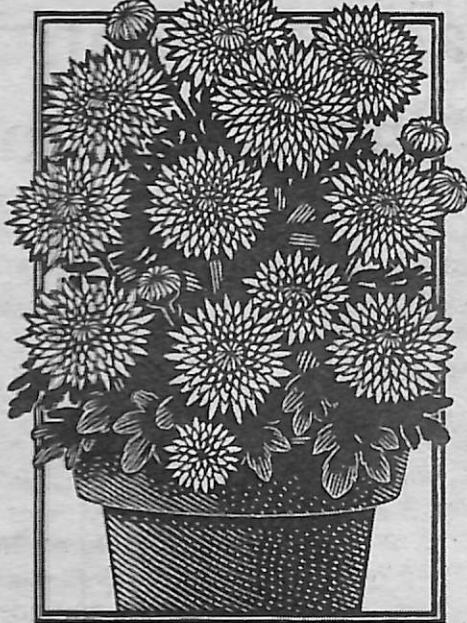
The DeMatteos also said clean clothes of all styles and sizes may be brought to the church during regular hours.

For more information, call 789-2930.

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Reflections...

submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

Be A Real Winner!

A few years ago, a bumper sticker appeared which read, "The one who dies with the most toys wins!" We haven't seen much of that bumper sticker recently, but that sentiment still prevails in our society. One of the problems with that sentiment is that it isn't true. In truth, worldly goods can sometimes be an impediment to us "winning" in the end.

The Bible warns us that the riches of this world can be a deceptive trap. Jesus told us a story to illustrate this point. His story is known as The Parable of the Sower. He spoke about seed that was sowed among thorns. The seed sprouted, but did not survive. He said, *"Still others, like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful."*

The Bible doesn't say that being wealthy is, in and of itself, a bad thing. It's just that being wealthy has its own share of risks. Years ago, I knew a woman by the name of Gail Miller who enjoyed an abundance of this world's wealth. Not only was she monetarily wealthy, she was unusually beautiful. She had it all! Gail was

an active member of the church I attended in southern Connecticut, and she was probably the most radiant person in the entire parish.

Gail was gracious to attribute that her great blessings were a gift from God, and she was active in sharing her faith with others. Sometimes I wondered if Gail's persona would be quite as radiant as it was if Gail's life was more ordinary. Then, Gail came down with cancer. When I went to visit her at the hospital, I didn't know what I would find. I was a bit nervous, for Gail's sake. Would this terrible adversity shake her faith? In Gail's case, the answer was a resounding "no!" Her faith and her life remained radiant throughout her trying ordeal.

Gail's story is a bit unusual, in that she possessed the rare ability to properly balance her wealth from this world with her wealth in heaven. For many of us, however, we find such a balancing act to be a real challenge. We're not alone.

As Jesus started on His way, a man ran up to Him and fell on his knees before Him. "Good teacher," he asked, "what must I do to inherit eternal life?" "Why do you call Me good?" Jesus answered. "No one is good, except God alone. You know the commandments; 'Do not murder, do not commit adultery, do not steal, do not give false testimony, do not defraud, honor your father and mother.'" "Teacher," he declared, "all these things I have kept since I was a boy." Jesus looked at him and loved him. "One thing you lack," He said, "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, and follow Me." At this, the man's face fell. He went away sad, because he had

great wealth. Jesus looked around and said to His disciples, "How hard it is for the rich to enter the kingdom of God." The disciples were amazed at His words. But Jesus said, "It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God."

The "eye of the needle," of which Jesus spoke, refers to a small door built into the large gates of a wall surrounding an ancient city. When the city gates were open, obviously anything (including a fully loaded camel) could easily pass through. But when the gates were shut, a traveler would have to employ the door. The camel's pack would have to be unloaded, in order to get a camel through the door. It wasn't impossible, but it did require adjusting.

The disciples were even more amazed, and said to each other, "Who then can be saved?" Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God." In Gail Miller's case, by God's grace, she had managed to "unpack her camel" and get through the door of life. For the rest of us, this story has great relevance, whether or not we happen to consider ourselves to be wealthy. We not only live in the richest nation on earth, we live in the most prosperous of all times.

The abundance we enjoy is like a two-sided coin. Wealth can be a blessing or a curse. Jesus admonishes us, *"Watch out! Be on your guard against all kinds of greed; a person's life does not consist in the abundance of his possessions."* God wants each of us to be a real winner; and remember, *all things are possible with God!*

Activities Calendar At St. Anthony's & St. Theresa's

MASS SCHEDULE

- * **Monday-Wednesday:** 9:00 a.m., St. Theresa.
- * **Thursday:** 7:00 p.m., St. Theresa.
- * **Friday & Saturday:** 9:00 a.m., St. Anthony.
- * **Saturday:** 4:30 p.m., St. Theresa.
- * **Sunday:** 8:30 a.m., St. Anthony; 11:00 a.m., St. Theresa.

- * **Holy Day Vigil:** 6:00 p.m., St. Anthony.
- * **Holy Day:** 9:00 a.m./6:00 p.m., St. Theresa.
- * **Rosary:** One half-hour before daily Mass.

CALENDAR OF EVENTS

- * **Sunday, October 15th:** 9:15 a.m., CCD.
- * **Monday, October 16th:** 6:00 p.m., 8:30 Choir rehearsal of St. Anthony's; 7:00 p.m., CCD.

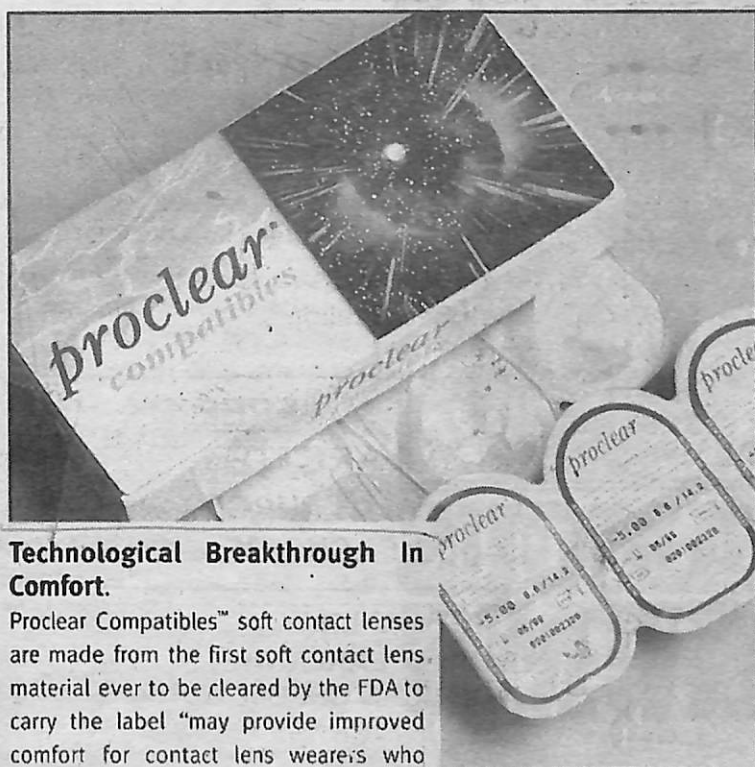
- * **Tuesday, October 17th:** 7:00 p.m., Women's Club meeting at St. Anthony Church.

- * **Wednesday, October 18th:** 7:00 p.m., Cantata rehearsal at St. Anthony's.

- * **Thursday, October 19th:** 7:30 p.m., 4:30 choir rehearsal at St. Theresa's.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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789-2106

Beware of covetousness, for one's life does not consist in the abundance of the things he possesses. —Luke 12:15

According to research by university professors Richard Ryan and Tim Kasser, there's a dark side to the "American dream" of prosperity, and the problem isn't confined to the United States. Based on data collected from subjects in 12 countries, Kasser says that in every culture he's studied, there are psychologically unhelpful and often destructive results from pursuing wealth. The problem is not having money, but "living a life where that's your focus."

In today's Scripture, Jesus warned His followers: "Take heed and beware of covetousness, for one's life does not consist in the abundance of the things he possesses" (Luke 12:15). But our lingering conviction that more money will bring us more happiness and satisfaction makes it difficult to believe either the psychologists or the Son of God.

To counter our natural tendency toward covetousness, Christ urged us to be rich toward God and to trust Him for all our needs. He commands us to "seek the kingdom of God," and promises that "all these things" (life's necessities) will be added to us (v.31).

Making Christ our focus does not guarantee prosperity but joy and contentment beyond our dreams. —DCM

*True happiness comes not from wealth,
Real peace you can never buy;
The contentment that you long for
Is in Christ who reigns on high. —Fitzhugh*

Our greatest riches are the riches we have in Christ.

2000 Agawam/WS CROP Walk To Be Held Oct. 15th

Once again (or could it be your first time?), it's CROP Walk time in the Agawam-West Springfield area!

For those who don't know the background, CROP Walks began after World War II as a sort of Christian Marshall Plan. The name was originally an acronym, standing for Christian Relief Overseas Project, and in those days, aid was focused on rebuilding after the devastation of war.

Today, funds raised through CROP Walks not only bring relief to war-torn areas overseas, including Kosovo and East Timor, but also benefit those in need locally. The West Springfield/Agawam Parish Cupboard (Open Pantry) is to receive 25% of funds raised. The rest will provide inoculations for children in parts of the world where measles and mumps are still deadly; it will provide the equipment needed to drill wells in drought-stricken lands; it will purchase and underwrite the transportation of food to people suffering from famine; it will bring emergency relief to those hit hard by earthquakes and floods from Florida and North Carolina to Turkey. In short, when you walk or support a walker, you bring good news to people in need both near and far.

The 2000 Agawam/West Springfield CROP Walk will be held, come rain or shine, on Sunday, October 15th, leaving from the St. David's Episcopal Church on Springfield Street (next to the Agawam Police Station). Registration begins at 1:00 and the 10-kilometer walk itself, begins at 2:00.

Most area churches have organizers and walker sheets available. You may also call Cassie Gilmartin at 734-7969 or Rob Donaldson at 786-5061 for more information.

Please join in helping the hungry and the homeless, both around the block and around the world.

Bethany Assembly To Co-Sponsor "Puppet Ministry Festival"

ONE WAY STREET ministries of Littleton, Colorado and BETHANY ASSEMBLY OF GOD are co-sponsoring a PUPPET MINISTRY FESTIVAL at Bethany Assembly of God, 580 Main St., Agawam, Friday and Saturday, October 13th and 14th.

The Festival is a combination of workshops, puppet team performances, and competition among area youth puppet ministry groups. Our theme for the 2000 Puppetry Festivals is "Dream B.I.G. (Bold in God)."

Special guests include Liz VonSeggen of Englewood, Colorado, David Privett of Highlands Ranch, Colorado, Judy Buch of Tolland, Connecticut, Jim & Debra Fader of Bangor, Maine, Bonnie Scott of Indianapolis, Indiana, and Nancy Bellinger of Indianapolis, Indiana.

Registration opens at 6:00 p.m. and costs range from \$14 to \$30 per person. The Festival begins at 6:30 p.m. Friday and ends around 4:30 on Saturday.

One Way Street is a national children's ministry supply and training organization.

There will be a wide variety of ministry resources available at the Puppet Festival. You can check out the newest and best puppet songs and skits in our Festival Listening Center.

For more information on the Festival, please call One Way Street, Inc. at (303) 799-6751.

If you have dropped off any photos to our office for Boy Scout activities, church events, etc., please pick them up after they appear in The AAN...

Events & Activities At Faith Bible Church

It's here, the weekend of our giant tag sale located at 370 Shoemaker Lane (next to the bus company). We have many items, so we know that there will be something for everyone.

We are holding our tag sale Friday, October 13th and Saturday, October 14th from 10:00 a.m.-4:00 p.m. each day.

Our potluck dinner this month will be held October 20th at the church. We always have more food and desserts than needed, but try to tell some of the large eaters that.

This always promises to be lots of fun and any new people get to know the rest of the families.

Our Women's Bible Study is continuing to meet Tuesday mornings at 9:30 a.m. at the church and this month, they will be studying the book of Esther.

As always, nursery is provided.

On Sunday, November 5th, we will be returning back to only one service at 10:30 a.m. At this time, we are holding two services, one at 9:00 a.m. and the other at 10:30 a.m., as we had outgrown the chapel.

Our addition is proceeding and we expect to have the building up before November, so we will have one service again.

Also, at 9:30 a.m., we will be holding an Adult Sunday School again, starting November 5th.

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10 Lbs. Or More	\$1.39 Lb.
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Whole Boneless Rib Eyes (Cut To Order)	\$4.49 Lb.
Grade "A" Chicken Breast Whole	.99 Lb.
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Spotlight on Business

"Alternative Health"- Helping People Stay Healthy ... Naturally

by Carol G. Leonard
SSAN Feature Writer

Alternative Health Inc. takes a natural approach to weight loss, nutrition, and well-being. **Alternative Health** opened its doors two months ago and is staffed by four fully certified M'Lis Consultants; Peggy Hoime (President), Dee Tagliavini, John Hoime, and John Walton. Located at Gillette Corners, 208 College Highway, Southwick, their phone number is 569-1155.

Peggy Hoime had been associated with the M'Lis program for 15 years in Minnesota prior to coming here and opening up **Alternative Health**. This program, according to Hoime, is very popular in Minnesota, North and South Dakota, Utah, and Hawaii. Founded 21 years ago by two doctors of integrated medicine, the basic theory behind the M'Lis program is commitment to the health, vitality, and appearance of its customers. This is accomplished through several ways; detoxifying and cleansing the body. Its method is designed with the aid and interaction of physicians, nutritionists, and herbalists.

Hoime's background is teaching school for 13 years. "I went on this M'Lis program myself and personally lost 90 pounds; And that's what got me out of teaching and into working with this," said Hoime, adding, "It's the first thing I ever found that worked. I don't believe in diets because I don't think they work. The best way to lose weight and keep it off is to have a healthy body. This program utilizes natural herbs that are 100-percent natural with no stimulants. It detoxifies the body."

She continued, "People carry anywhere from three to 28 pounds of just waste in their body at any given time. So we clean out the colon area, and clean out all the organs which purifies the blood. So, as a result, in five days people will drop anywhere from three to 15 pounds, but that's waste."

Although the detoxification program is not a cure-all, it is a definite aid for improving health and increasing vitality, according to M'Lis literature. It is also the starting point for help in many abnormal body conditions, such as allergies, acne, arthritis, skin problems, cellulite, obesity, etc. The detox three-day program uses a M'Lis detox kit that includes natural herb formula D, unrefined natural Wheat Bran/Psyllium, and natural herb Formula C. Also included in the program for detox are fresh lemons, pure maple syrup, and several gallons of "distilled" water.

Alternative Health offers programs to its clients that include Detox, Wellness, and Weight Loss Programs; Salon Contouring Body Wraps; and Cellulite Home Care Kits. They also offer, facials, and non-surgical facelifts.

Hoime said, "It's all one-on-one, individualized treatment. Everyone is a little bit different in their lifestyles. We fine-tune it to people, be it for two weeks or two months. Ages range from 20 up to 80 years-old, with an average age being in their 40's."

When someone comes in to buy any of the nutritional products, the **Alternative Health** staff will first sit down with them for a free consultation. These scheduled consultations take place from 9:00 a.m. to 8:00 p.m., Monday and Friday, and 8:00 a.m. to 3:00 p.m. on Saturday.

Introduction To The Program...

The introduction to the **Alternative Health** program starts off with a client stepping on an office scale to evaluate their body. This will tell them their weight, body fat, metabolism, how many fat pounds they are carrying, and how many pounds of muscle, bones, and water.

Some of the physical conditions people come to the **Alternative Health** office to alleviate or eliminate are obesity, Fibromyalgia, headaches, body aches, allergies (food, skin, breathing), women's health issues, chronic fatigue, and others. "For people who need to lose weight," said Hoime, "once they detoxify their



ALTERNATIVE HEALTH, a natural approach to weight-loss, nutrition, and well-being, is located on College Highway in Southwick in the plaza directly behind McDonald's. Advertiser news photo by Carol Leonard.



JOHN HOIME OF ALTERNATIVE HEALTH on College Highway in Southwick explains what all-natural supplements are all about. Advertiser News photo by Carol Leonard.

body, we put them on a meal supplement that gives them 100 percent nutrition. And we also monitor what they eat; some will be keeping food logs, so we make sure they are eating the right type of foods because your body will crave whatever you put into it."

Moderate exercise is also emphasized here, including safe, simple, weight-bearing exercises that can be done at home.

Videotapes are also shown for the non-exerciser and others on how to start a healthy routine. Massage therapists will be brought in soon here at **Alternative**



JOHN HOIME (right) and JOHN WALTON (left) are two reasons why **ALTERNATIVE HEALTH** on College Hwy. in Southwick continues to make inroads in the field of weight-loss the all-natural way. Advertiser News photo by Carol Leonard.

Health.

Avoid sodium, alcohol, preserved foods, caffeine, and nicotine, and cut down on animal fats (red meats and dairy products).

Substitute with fiber and complex carbohydrates, and drink lots of water. This is part of the recipe for a healthy body, according to **Alternative Health**.

For those that don't want to join a health club and make that commitment, but still want help in getting healthy, **Alternative Health** may be for you.

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Deck Season Still In Full Swing...

When summer is gone and most of us have hopefully finished our summer projects, some of you may have given up on any hopes of enjoying a new deck this year.

Early fall can be the perfect time to build a deck. The weather is cooler, vacations are over, and the ground still hasn't frozen, so it's perfect for digging.

Here's an even better reason for not putting your plans off for yet another year - price! Most lumber suppliers raise their prices in early spring, right before the building season gets into full swing. Why not take advantage of the pricing before it goes up?

Did you know?

There are many options now available for building decks. While pressure-treated lumber still remains the most popular and widely used material, there are also cedar decks, Trex decks, and even vinyl decks. You can use any combination of these materials to add color, texture, and variety to an otherwise run-of-the-mill deck.

Also to consider in your plans is the design of your new deck. Builders and homeowners can now choose curves, angles, benches and planters, grill pads, and other enhancements.

And don't forget wiring. Homeowners are now installing speakers, outlets, telephones, and cable TV outlets in their decks.

Some of these options can be expensive, but there are many that add very little to the budget and can really help make your deck unique, giving you a lot of bang for your buck.

Whatever details you decide to incorporate into your deck, be sure to check the local building codes that may restrict configuration, size, or location. After that, you're only limited by your imagination!

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Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Do The Elderly Need Protection?

Apparently So, According To A Recent Case

The Court held where an elderly, infirm woman conveyed a one-half interest in her home to her defendant daughter, the conveyance was the result of undue influence and must therefore be rescinded.

The Court further ordered that the defendant and her codefendant husband return funds and insurance policies wrongfully converted by them. Finally, the defendants were ordered to pay \$50,000.00 in emotional distress damages.

The elderly woman was dependent on the Defendants for her personal and financial care. She had multiple medical problems and required assistance with all her daily living activities, including eating, toileting, bathing, dressing, taking her medications, and handling her financial affairs. Knowing this, the Defendants invited the elderly woman into their home, promised to care for all her needs, and told her not to worry about anything. The woman trusted the Defendants to act in her best interest. At the time, she was 81 years-old, suffered from a variety of health ailments, and was lonely and depressed, having been cut off from the outside world.

Transfer Of House

The Defendants arranged for an attorney whom they knew both professionally and personally to draft a deed for the woman's signature. The attorney did not know the woman and had never spoken to her prior to her signing the deed. The woman did not know that she was signing a deed, did not know that she was transferring a one-half interest in her house to her daughter, did not intend to transfer one-half interest in her house to her daughter, did not sign the deed as an act of her own free will, and had no reason to assume that the Defendants were acting in a manner inconsistent with her welfare. By taking advantage of

their relationship with the woman, the Defendants unduly influenced and persuaded her to transfer one-half interest in her house.

Conversion

The Plaintiff's contention was that the Defendants wrongfully converted money from several of the woman's bank accounts and wrongfully converted money from checks made payable to her by her prescription reimbursement provider.

The Defendants' contention that they had a power of attorney giving them power of the Plaintiff's affairs is totally groundless per the Court. The Court found that the daughter acted without the woman's authorization or consent and that the daughter had no authority to change her mother's bank accounts to joint accounts; no authority to draw checks on her mother's accounts; and no authority to collect funds from her mother's accounts. The Court found the Defendants liable for converting the woman's various funds.

Emotional Distress

The Court also found that the Plaintiff proved the Defendants intentionally inflicted emotional distress on the elderly woman. The Defendants' conduct in removing the woman from her home of 56 years upon false representation that they would care for her and that she would not have to go to a nursing home, was designed to cause her distress. The daughter's acrimony towards her mother had not abated and the Defendants' only motivation for taking the woman into their home was to gain access to her property and funds. The conversion of the woman's funds and property and cashing in of her life insurance policies all took place within weeks of the woman moving into their home. The Court had no doubt all this caused great emotional upset and physical distress on the woman's health. The Court called the daughter's actions of attempting to defraud and abuse her elderly mother an extreme and outrageous act and awarded \$50,000.00 in emotional distress damages.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts 01030. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.



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**Domestic
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Personal Property...

Q. When my husband left our home six months ago to live with another woman, he told me I could "have everything." During our four years of marriage, we purchased lovely furniture, many appliances, and redecorated our new home. My husband has since changed his mind and has demanded that I pay him \$20,000.00 as repayment to him for all the personal property, he says, he purchased with "his money." I want to keep it. Is this fair?

A. You are wisely questioning the "wisdom" of your husband's agreement. Did you and your spouse execute a pre-nuptial agreement, designating the distri-

bution of your personal property? If you must acknowledge the existence of Massachusetts General Laws Chapter 208, Section 34 which pertains to the distribution of assets, including personal property. An analysis of this statute, although informative, would be boring.

First, your husband has the right to change his mind. A judge will not give you one-hundred percent (100%) of the personal property, just because your husband verbally stated he didn't want it, at a time in his life when he probably felt very guilty about leaving you.

You should make a list of all personal property acquired by each of you during the marriage - including furniture, automobiles, and jewelry. Include appliances, except those that have been built into the home, on this list. The reason for this is that built-in items are called fixtures and are generally valued as part of the real estate. If an item cannot be removed without damage, the item is probably a fixture and should remain. Do not include on your list personal items such as his clothing and health care items. Your husband should be able to remove these items.

Once you both agree on the existence of all personal property, you will need to place a monetary value on each item. The value of each item should be its present-day value. The expression I use to define present-day value is "tag sale value - what a willing buyer would pay you to purchase that item today." Present-day value is not replacement value and it's definition may be disappointing to you, but disappointment remains a constant theme in the divorce process. Practically speaking, what this translates to is that the \$4,000.00 dining room set you purchased four years ago, may only have a \$500.00 present-day value.

You don't believe this, or you and your husband simply continue to disagree about the value? Then hire an independent personal property appraiser, for a fee of approximately \$250.00, to come to your home and designate the value for you. Your divorce attorney may even advise you to obtain this valuation at the beginning of your divorce.

Collectibles (Beanie Babies, coins, cards, etc.) and antiques should certainly be professionally appraised if the value is disputed.



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Making Life Simple...

* One way to simplify your eating habits is to have only fresh fruits or fresh juices one day a week. Make a drink from an apple, a banana, a couple of oranges, and a handful of fresh strawberries or blueberries, or maybe a fresh peach. Toss your favorite fruits into the blender and press the button. It makes a fresh frappe that is a filling meal by itself, and it couldn't be simpler.

* Create joy in your life. Think about the things that bring you joy, then make a point of connecting with as many of them as possible, as often as possible.

* Use your bank's "bank by mail" services to eliminate time-consuming trips to the bank.

* Limit your kids' activities to one or two per week per season. This way they can enjoy seasonal sports and other activities, and still have time for a game of freeze tag or hide-and-seek with the neighbor kids.

* We've become a nation of spenders rather than savers. If you're living on the edge, getting to the point where you can stash away a good portion of your income each month will go a long way toward simplifying your life.

* It's not too early to begin thinking about simplifying the holidays. If you're the one primarily responsible for the Christmas dinner, start lobbying other family members to help you by making it a potluck this year so everyone pitches in.

* Teach your kids to be responsible for their own things. Every night before bedtime, have them go through the house, collect their belongings, and put them away.

* Consolidate your checking accounts. Not only do multiple checking accounts generate excess mail, there are the monthly statements for each account, the additional monthly promotional pieces, credit card offerings, and other inducements that have to be sorted through with the real mail.

* Getting out of debt may not be easy, but it will certainly simplify your life.

* Teaching your kids how to handle their money is one of the most powerful gifts you can give them. Not only will it ultimately simplify their lives, but it'll simplify your life, too.

Need Real Estate Information Quickly?

Do you want to know what mortgage programs are best for you? Do you want to know what your home is worth? Do you have family and friends who may be interested in buying/selling a home? Do you need assistance in relocating? Would you like information on the prices of homes that have sold in your neighborhood? Simply e-mail your request or call me today!

Raymond Rose is a resident of Agawam and a Senior Associate of a professional real estate and financial services firm serving home buyers and sellers throughout the area. Comments and questions can be directed to him at 846-0961 or via his e-mail at RaymondRose@aol.com. Listen to his pre-recorded Home Buyer's Info-Line at 846-0923. Also, contact him via e-mail to receive his **FREE** online newsletter ... it's filled with informative and money-saving info helping to "keep life simple." Thanks!

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On Saturday, October 21st...

Carlson Real Estate To Hold "Great Pumpkin Giveaway"

Carl McKenzie, manager of the Agawam/Feeding Hills sales office of Carlson GMAC Real Estate, is pleased to announce the Great Pumpkin Giveaway.

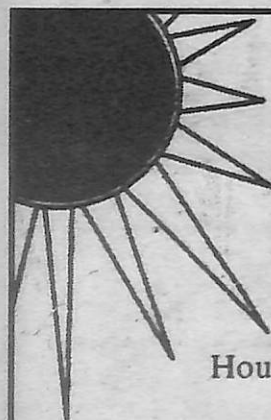
In the spirit of the season, area children are invited along with a parent or guardian to stop by the Agawam/Feeding Hills office located at 14 South Westfield Street from 11:00 a.m. to 1:00 p.m. on Saturday, October 21st, to receive a free pumpkin. One pumpkin will be available for each child accompanied by a parent or guardian. Residents are encouraged to come early as supplies are limited.

The Carlson GMAC Real Estate network is composed of over 70 offices with over 1,400 sales agents servicing New England. A full service company, Carlson GMAC Real Estate offers a complete network of services including Buyer and Seller representation, global relocation assistance, corporate affinity programs, an Elegant Homes Division, new home sales, community referral service, in-house mortgage services, and a pre-licensing school.

For further information, please contact our Agawam/Feeding Hills office at (413) 789-4915 or cmckenzie@carlsonre.com.

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News' new office at
23 Southwick Street, Feeding
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Doors To Open On October 16th...

Westbank To Open New Office Inside Big Y In Westfield

President and Chief Executive Officer Donald R. Chase has announced the opening of a new super-market office inside the Big Y Super Class Market on East Silver Silver in Westfield. The new office will open for business on Monday, October 16th.

The new Big Y office replaces the Bank's in-store office that closed when the Stop and Shop on East Main Street relocated to downtown Westfield. The new, full-service Big Y office will be open Monday through Friday, 9:00 a.m. to 7:00 p.m.; Saturday, 9:00 a.m. to 6:00 p.m.; and Sunday, 12:00 noon to 5:00 p.m. It will also feature an on-site ATM available during regular store hours.

"We think this new office represents a tremendous opportunity for us," said Kathleen A. Jalbert, Senior Vice President. "First, it allows us to maintain a strong presence in a community we're very committed to serving. Second, it provides us with more convenient hours to deliver our products and services to our customers. From a strategic perspective, having a full-service office that is open seven days a week is an absolute must for us - and our customers."

In conjunction with the opening, Westbank is planning a special Grand Opening Celebration October 19th-22nd, featuring prize drawings, pumpkin painting, and refreshments.

The new Big Y office is one of three in-store branches currently operated by Westbank. The other two offices are located inside the Big Y World Class Market in Chicopee and the Super Stop and Shop in East Longmeadow, respectively.

Westbank is a 13-branch, \$417 million community bank with offices in Chicopee, East Longmeadow, Feeding Hills, Holyoke, Ludlow, Southwick, Westfield, and West Springfield.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you...

Agawam Rotary To Honor Local Workforce

Employers are being encouraged to nominate employees who have demonstrated outstanding commitment to their jobs, serve as role models for their co-workers and peers, and whose efforts have a positive impact on the operations of the business.

Eligible employees maintain the the principles of the Rotary Four Way Test of the things we think, say, or do. Is it the truth? Is it fair to all concerned? Will it build good will and better friendships? Will it be beneficial to all concerned?

The Agawam Rotary Club will publicly recognize each nominee at the first Annual Exemplary Workers' Recognition Awards Breakfast to be held Friday, November 17th from 7:15-9:00 a.m. at Crestview Country Club, Shoemaker Lane, Agawam.

Linda Northup Vitro, President of the Agawam Rotary Club, will preside over the event. WWLOP TV22 News Anchor Barry Kriger will be the keynote speaker. He will have an entertaining and inspiring message.

Also present at this event will be Agawam Mayor Richard Cohen, Agawam Town Council President Robert Magovern, and Rotary District 7890 District Governor Frank Wargo.

Nomination forms are available through the Agawam Rotary Club. Contact Club President Linda Northup Vitro at 413/786-8930 or Program Chair Janet Walsh at 413/786-4433.

Nomination forms are also available at the Feeding Hills Branch of Woronoco Savings Bank. Nomination fee is \$30 and includes two invitations (nominee and sponsor) to the breakfast, where the certificates will be awarded to the nominee(s).

Additional nominees and guests are invited at a cost of \$15 each. Deadline for nominations is October 31st.

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11 a.m. - 1 a.m.



For Your Health

Hand Center Of Western MA Says Halloween Season Jack O' Lanterns May Be Hazardous To Your Health

Devastating Accidents To The Hand And Fingers Can Occur From Carving

The excitement of Halloween can also pose dangers for adults and children, especially when turning an everyday, ordinary pumpkin into a jack o' lantern for some holiday fun.

"Every year at this time, when children go pumpkin picking, we see four or five adult and child patients who come into our office with severe injuries to their hand and fingers," said Dr. Jeffrey Wint of the Hand Center of Western Mass.

The hand surgeon noted that the injuries, which often involve the flexor tendons and digital nerves, are costly in both time and money.

"Treatment can often run three to four months from the time of surgery through rehabilitation, and there is no guarantee the hand will return to full function," he added.

While young children can have fun being creative by drawing on the pumpkin, as well as scraping out its pulp, it is an adult who should do the carving, Wint noted.

Wint also noted it is still a good idea to supervise older children because "even though things may seem to be going smoothly, it only takes a second for dramatic consequences to occur."

"All too often, we see adolescent patients with injuries because adults feel they are responsible enough to be left on their own while carving," Wint said.

When an injury results to a child, it is the parent who also suffers, because he or she might feel responsible for not supervising the carving session properly, Wint noted.

"The accident often does not reflect on their abilities as a good parent, but more on the lack of proper carving equipment," he added.

When it comes to knives, "sharper is not better" for carving, Wint noted.

"A sharper knife is not necessarily better because it often becomes wedged in the thicker part of the pumpkin, requiring force to remove it," Wint said.

"An injury can occur if your hand is in the wrong place when the knife finally dislodges from the thick skin of the pumpkin. Also, injuries are also sustained when the knife slips for some reason and comes out the other side of the pumpkin where your hand may be holding it steady," explained the hand surgeon.

Wint says plastic serrated cutting knives or commercially available saw blades used specifically for

cutting pumpkins, or even a keyhole saw, work better because they are less likely to get stuck in the thick tissue of the pumpkin. Special pumpkin carving kits are available in some stores with these saw blades.

"If they do get accidentally jammed in the pumpkin and then wedged free, they are not sharp enough to cause a deep, penetrating injury," he said.

Bleeding from minor cuts often will stop on their own by applying direct pressure to the wound. For a more severe cut that may require stitches, press firmly on the wound with a clean cloth and if the edges of the cut gape open, hold them together. If direct, continuous pressure does not slow or stop the bleeding after 15 minutes, a visit to your local emergency room may be required.

Also, any numbness or loss of sensation or motion in the hand may imply a deeper injury which could require surgery, and medical attention should be sought.

The Hand Center of Western Massachusetts is located in Springfield and Ware. Appointments can be made by calling (413) 733-2204. Most insurance plans are accepted.

Mercy Hospital Hosts Cancer Support Group

Persons with cancer, their families and friends, or persons who have lost a loved one to cancer, are invited to attend Mercy Hospital's Cancer Support Group. The free meetings are conducted Mondays at 7:00 p.m. in the hospital's Deliso Conference Center, 299 Carew Street, Springfield.

The group offers information on topics of interest to people with cancer, and provides an opportunity to share experiences in a friendly, supportive atmosphere. Meetings are facilitated by Sr. Madeleine Joy, S.P., of Mercy Hospital's Pastoral Care Department.

A break-out group, designed specifically for those who have lost a loved one to cancer, meets on the first Monday of the month. A break-out group for caregivers, meets on the second Monday of the month. Private sessions are also available for young people who have a parent with cancer.

Please call the Pastoral Care Department, (413) 748-9453, for more information.

Support Group Sponsored By The NAMI-WM

On the last Monday of each month, a support group sponsored by the National Alliance for the Mentally Ill of Western Massachusetts is held at the Agawam Council On Aging, 68 Meadowbrook Manor, from 7:00 to 9:00 p.m.

Groups sponsored by the NAMI-WM are facilitated by persons who have had years of experience with mental illness, either directly or as family members of an ill person. At most meetings, there will be people present who have varying degrees of experience and

knowledge about mental illness. Others have only recently faced the problems created by mental illness.

The support group meetings are intended to supply emotional support and information. Discussions are honest and open, but no one is expected to talk about anything he or she would rather not discuss. *Everything said at these meetings is kept confidential.*

If you are interested in joining and would like to receive more information about the support group, please contact Lucille Drewnowski at 786-1236.

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The fine line between Life & Death.

Read more about this in today's FOR YOUR HEALTH column.

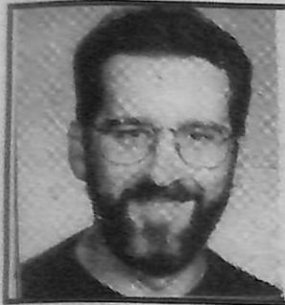
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"Let's Talk About It"

by Dan Pender
Marriage &
Family Therapist
P.O. Box 449
Agawam, MA 01001
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When Life Informs Death...

The fine line between life and death can be both clear and unclear to us at the same time. We can both know the loss experienced when death is at hand and how life will never be the same without this person. And we can also still feel a tremendous sense of connection between ourselves and the deceased. This connection can be lifelong!

This week is the first year anniversary of my grandmother's death. I pause, along with other family members, to celebrate her life and the heartfelt loss we all share. She was a woman nearing 85. She led an quality, active life up until a month before her death.

I remember her final month as a time when she weighed the odds for successful colon cancer surgery complicated by a pre-existing heart condition and emphysema. She weighed the risk and stared at that fine line between a life that she knew would turn into a burden for all who cared for her if she did not have the surgery, and the risk of hoping for a post-operative active and quality life (however modified).

Our family struggled to accept her decision. We knew it may be her last. She had the surgery. At first, the outcome appeared to be successful. However, day four in recovery proved fatal.

We gathered from all over the country to celebrate this courageous risk-taker. She not only demonstrated this ability at the end of her life, but throughout her life. Anyone who brings forth and raises nine children, as she did, knows the difference between life and

death. My Nannie choose life.

Do you know or have you known someone who teaches you how to choose and live life? Has your family been this resource for you? A friend or perhaps even a stranger?

Over the last few weeks, I have talked about the natural struggle that takes place for a person in shaping their own sense of self. We talked about how often your family's version of how they would like to shape you can be different from your own version. I spoke about the cost of family membership and the desire, at times, to cut up the family membership card.

I believe it can be said that often it is *much easier and even comforting for us to relate to our anger and rage* (especially when these feelings lead us to desire to **disconnect** from our family) rather *than to relate to the very challenging and often downright simple task of relating to* the many privileges family membership does offer.

Your life can be waiting for death to strike and/or you can take life as it is offered and live in the moment, as best as possible. Each way informs us about living death-like or choosing life. What is your choice and/or do you have a choice?

Relationships are hard work. Knowing and keeping respectful boundaries can lead to a breakdown or build-up of trust. Next week, I will talk more about the risk of trusting another person. In the meantime, please continue to e-mail, telephone, or write me with your feedback, relationship questions, and topics and "Let's Talk about it."

Dan Pender, MA, MFT, is a Marriage & Family Therapist with a private local practice. He is a Clinical member of the American Association of Marriage & Family Therapy and can be reached by e-mail at dpmft449@aol.com or P.O. Box 449, Agawam, MA 01001, (413) 789-4460.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

Smoking Cessation Support Group At Mercy Hospital

A support group for persons interested in quitting smoking meets Mondays, 6:00-7:00 p.m. in the fifth floor conference room at Mercy Hospital, 271 Carew St.

Sponsored by the Providence Hospital Tobacco Control Program, the group offers services including individual counseling, cessation groups, alternative health referrals, education and motivational support. Free nicotine patches and gum may also be available for qualified participants.

For more information, call the Tobacco Control program, (413) 493-2039 or (413) 535-1000.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS's member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems.

Catholic Health East facilities serve communities in eastern states from Maine to Florida.

Alzheimer's Support Group At The Atrium

The Atrium, located at 153 Cardinal Drive, Agawam, offers free monthly support groups for individuals caring for a loved one with Alzheimer's disease or a similar memory disorder.

On the first Tuesday of every month, The Atrium is the site for a support group meeting starting at 6:00 p.m. A light supper is included.

On the third Wednesday of every month, an afternoon support group is held at the Chicopee Senior Center, beginning at 3:30 p.m.

If you would like further information, please contact Judy Pothul at The Atrium, 821-9911.

- ADVERTISER NEWS -

Support Group For "Essential Tremor"

Do you have "essential tremor" (shaking hands, voice, or head for no known cause)? You are not alone. Millions of men, women, and children in the United States have it, too.

The Connecticut River Valley Essential Tremor Advocates is a support group that meets on the fourth Wednesday of the month at 6:00 p.m. at the Chicopee Senior Center, 7 Valley View Court, Chicopee.

We invite you to join us to explore treatments and share coping strategies for essential tremor.

For more information, please call Judy at (413) 594-7674.

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Beringer Founder's Estates (1.5 Ltr.) Cabernet, Chardonnay, Merlot \$14.99	Beringer (1.5 Ltr.) White Zinfandel, White Merlot \$8.99	Korbel (750 ml.) Brut, X-Dry \$9.99	Bernkasteler Kurfurstlay Kabinett (750 ml.) \$4.99	Bornheimer Adelburg Spaetlese (750 ml.) \$5.99	Gallo Sonoma Chardonnay (750 ml.) \$8.99

OCTOBER LIQUOR SPECIALS

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Clan MacGregor Scotch (1.75 Ltr.) \$12.99	Canadian Mist (1.75 Ltr.) \$13.99	Canadian Club (1.75 Ltr.) \$17.99	Cossack Vodka (1.75 Ltr.) \$9.99	Christian Brothers Brandy (1.75 Ltr.) \$15.99

OCTOBER BEER SPECIALS

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Chiropractic Care

by Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Fall Cleaning & Your Back...

Well, it's that time of year for fall cleaning. I see many injuries this time of year from people doing things they don't normally do. They spend all day scrubbing, cleaning, lifting, pulling, etc.

The end of the day, they just bend over and BANG, the back goes out. Then they're laid up for several days or weeks. Is it worth it? I don't think so. Am I guilty of this? You bet!

The other day, I was reaching in the closet for Halloween decorations. The heavy box was under and behind several others. I was reaching, bending and twisting - the most vulnerable position for the back. I thought to myself, "This is not wise, this is an injury just waiting to happen." Did I stop? No, I had to get those stupid decorations.

I grunted and groaned, pulled and tugged, and finally got the box. Luckily, my back did not give out.

These are the types of situations that can cause injury. The wise thing to do is to wait for help or take the time and slowly move the other boxes out of the way (what a concept) or do a little work, take a break, then do some more.

I think that's what maturity is; taking time, assessing the situation, and slowly tackling the project. For us Type A personalities, it's inconceivable to take this approach. It's get in, do the job, get out.

Many of us don't have the time in our lives to take it slow. The flip side of the situation is being injured and being forced to take the time. That's where the painful lesson of experience comes in. People who have put out their back from doing too much have learned it's just not worth going through the agonizing pain again.

They are the ones who take it slow, are cautious about their posture while lifting, and take frequent breaks. We need to learn this from those who have experienced already the pain from the back. In fact, if any of you have experienced back pain and have learned some useful tips or helpful suggestions to prevent pain, please call or write in. We'll print it for others to hopefully prevent future problems.

Dr. Nelson maintains an office at 850 Springfield Street in Feeding Hills. She can be reached at 786-4820.



Your Back And Your Health

by
Dr. Joseph S.
Schaffer
Schaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Aches & Pains And Raking Leaves...

The vibrant colors of changing leaves with crisp, cool air can attract even the most homebody out-of-doors for a couple hours of leaf-raking. For those with larger yards and more trees, the task of leaf-raking can become a dreaded yearly occurrence.

For many of us, this yearly ritual causes aches and pains, especially in the lower back. In some, the pain just won't go away. Leaf-raking is a strenuous activity to the muscles and ligaments of the lower back. All that twisting and pulling is especially hard on the spine.

To prevent those undesirable problems, it's important to keep your back in good shape. Warm up before beginning your work. Slowly stretch and limber up the muscles in your back. Don't forget your leg and arm muscles, too!

Remember to alternate raking from the left and right sides to maintain proper balance of the spinal muscles. When loading leaves into a bag, be sure to bend your legs rather than your back. Keep these bags small when the leaves are damp and heavy.

Have regular check-ups with your chiropractic physician. By maintaining proper alignment of the spine, your chance of more serious spinal problems is less. The doctor of chiropractic may advise against this activity, depending upon the condition of the low back.

When your pain won't go away, or for those desiring a spinal check-up, we at the Schaffer Chiropractic Office are here to help. Call 789-1369.

"Tough Love" Program Offered For Parents In Westfield

You are invited to "Tough Love," a self-help program for parents troubled by their kid's behavior to be presented on Tuesdays at 7:00 p.m. at the Church of Atonement, 36 Court St., Westfield.

For all the hometown news, you turn our pages each and every week...

National Alliance For Mentally Ill To Conduct "Iris Project" During October

October is Mental Illness Awareness Month and the National Alliance for the Mentally Ill of Western Massachusetts will once again conduct its annual Iris Project.

During the month, over 75 NAMI-WM volunteers will be available at more than 25 churches and stores throughout Western Massachusetts to offer lapel-size silk irises and brochures about mental illnesses and receive donations for their non-profit organization.

The Davis Foundation gives a grant to NAMI-WM to purchase the irises. After four years, the Iris Project has become a major, well-known fundraising event for NAMI-WM. Ted Dunn and Don Bedford of Springfield

are volunteer coordinators of the Iris Project.

The iris has been adopted as a symbol of hope by NAMI because of the famous painting of irises by the artist Vincent van Gogh who suffered with a serious mental illness.

In 1889, 100 years before modern technology was able to demonstrate that mental illnesses are physical disorders of the brain, Vincent van Gogh wrote to his brother: "I am beginning to consider madness as an illness like any other, and I accept it as such."

For more information, call the NAMI-WM office, 413-786-9139 or 1-800-295-2121.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

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Arts

"Androcles & The Lion" To Be Performed In Long.

Take one enthusiastic community theater group (THE GREAT PRETENDERS) and a show designed for children (Androcles and the Lion) and put them together and you have some wonderful entertainment in October.

On Friday, October 20th at 7:00 p.m. and Saturday, the 21st at 10:00 a.m. and 2:00 p.m., and the following weekend, Friday, October 27th at 7:00 p.m. and Saturday, October 28th at 10:00 a.m. and 2:00 p.m., the Longmeadow Community House should be filled with parents, grandparents, community leaders, and many children.

"Androcles and the Lion" is a popular Aesop's fable about Androcles, the slave, who meets up with a lion who spares his life because he removes the thorn in the lion's paw. It will be performed in the style of Italian Commedia dell'Arte, with a group of strolling players who set up stage and give a performance.

The play skyrockets with zany comedy and will be enjoyed by all ages for the reasonable price of \$4 and that includes a light refreshment. Children must be accompanied by an adult and tickets may be purchased at the Longmeadow Parks and Recreation Dept. or by calling 821-9932. This program is supported in part by a grant from the Longmeadow Cultural Council.

Please remember to patronize your local businesses ... ADVERTISER NEWS!!!




MEMBERS OF THE GREAT PRETENDERS rehearse for the October production of "Androcles and the Lion," to be presented at the Longmeadow Community House.

ACC Grant Funds Are Now Available

The Agawam Cultural Council was recently notified of its allocation of state funding in the amount of \$17,575. The ACC, which is comprised of 12 local volunteers, will be responsible to re-grant the total this fall to area individuals and organizations who can demonstrate community benefit in the areas of the arts, humanities, or interpretive sciences. Past grant awards have been utilized to fund art exhibits, school field trips, concerts,

and a wide variety of other programs. Grant applications can be obtained at the town library or town hall or at www.massculturalcouncil.org and must be postmarked by October 16, 2000. Additional information can also be obtained at the local organization's web site at www.agawamcc.org.

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7:00

Friday, October 13th - Guitar Vocalist Judy Simonds

P.M. -

Saturday, October 14th - Pianist Natalie Borowiec

???

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Diane Griffin To Star In HCC Play

Diane Griffin, a Feeding Hills resident, is a member of the ensemble in Holyoke Community College's fall production, *Botanica A Comedy of Miracles*, November 1st-5th. Written by Dolores Prida, one of the most important playwrights of contemporary Hispanic theater in the United States, *Botanica* is a witty, insightful, and magical play set in East Harlem.

It tells the story of three generations of Puerto Rican women struggling with generation and culture gaps. Alive with the sounds of live salsa, delightful characters, and laughter, *Botanica* is theater for the whole family.

Dolores Prida has written for the stage and television. A Cuban-American, her work has earned her a Doctorate of Humane Letters degree from Mount Holyoke College, making her one of a few Latino writers to receive an honorary degree in this country. Her most recent play, *Four Jose's and a Maria*, is currently playing off-Broadway. Patricia Sandoval, a professor in HCC's Theater Department, directs *Botanica*.

Performance dates are November 1st through 5th, with an additional performance on Wednesday, November 15th at 11:00 a.m. The opening performance on Wednesday, November 1st, and the performance on Sunday, November 5th are matinees beginning at 2:30 p.m.

Performances on Thursday, Friday, and Saturday begin at 8:00 p.m. All performances are in the HCC Forum. General admission is \$5, \$3 for area students and senior citizens, and free to the HCC community. Group rates are available. Call 552-2528 for reservations.

The November 1st and November 15th performances are free and do not require reservations.

For all the hometown news, you turn our pages each and every week ... AAN!!!



Music To Your Eyes?

As many of you no doubt know, it is very difficult to find a film that perfectly balances all movie components perfectly. Some exploit the casting, others special effects, etc. Here are some films that blatantly exploit their soundtracks.

* "Flashdance": 1983. Rated R.

I prefer to view this film as a very rough draft of "Footloose." It attempts to achieve the same impact that "Footloose" later perfected.

The problem with this film is that instead of focusing on the best part of the film (music and dance), it becomes sidetracked much too often with the usual and tiresome modern-day decayment caused by subplots involving sex and nudity. For this reason, it's no surprise that this film's director, Adrian Lyne, also helmed such mundane "smut-fests" as "9-1/2 Weeks" and "Fatal Attraction."

These lame diversions proved to be the sole reason why the natural feel of energy and charisma were lost in what could have been a much better film. In this way, unlike "Footloose," "Flashdance" fails.

On a less critical note, there are some adrenalizing scenes of dance and music and they prove to be the high point of the film. Also displayed here are samples of the best editing and photography in the picture.

As a whole, however, I believe this film was way overhyped. People flocked to the movies to see "Flashdance" and not "Flashsex"! Maybe they should have gotten a director who can get his mind out of the gutter for a while. **2 STARS.**

* "Footloose": 1984. Rated PG.

Kevin Bacon stars as a Chicago youth who suddenly finds himself living in a town where rock music and dancing is prohibited. Eager to rectify the situa-

tion, he sets out on a crusade against town officials to bring back the joy of music and dancing to the town.

The aforementioned plot is surprisingly entertaining in itself, but the exuberant soundtrack to the film provides the audience appeal with its intensity. So overwhelming is the soundtrack that you'll be pushing your self-control to the limit by keeping yourself from jumping off the sofa to perform for the rest of your household!

This power that this film has on any audience segment is directly responsible for reciprocating the emotions and motives felt by Kevin Bacon's character and the audience simultaneously. This is how the audience sympathizes with the boy's plight; by experiencing the fun of the music while watching.

All I can say is that the film is great fun at its finest. So kick off your Sunday shoes and cut loose with "Footloose"! **4 STARS.**

* "Dirty Dancing": 1987. Rated PG-13.

This is a prime example of the exploited soundtrack. This film had the makings to be a great film but proves to be nothing more than a very average coming-of-age tale.

A girl travels to the Catskills with her family and becomes inspired by a couple of dancers, one of whom happens to be Patrick Swayze in the role of Prince Charming. Mr. Charming entices Grey's character to dance. Now, finally, the film improves!

The soundtrack's greatest songs are appropriately heard during the film's greatest scenes. These scenes are the superbly photographed and choreographed "dirty dancing" segments. If you can get past all the, frankly, boring drama, then these scenes make the film worthwhile.

Fortunately, the film's choreographed segments save the film from certain doom, making the the intensity of the drab screenplay less formidable. **3 STARS.**

* "PISANO'S PICKS" REVIEW GUIDE: **5 STARS** - Extraordinary; **4 STARS** - Excellent; **3 STARS** - Good; **2 STARS** - Average; **1 STAR** - Watchable; **0 STARS** - Avoid.

Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisano, P.O. Box 263, Feeding Hills, MA 01030.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

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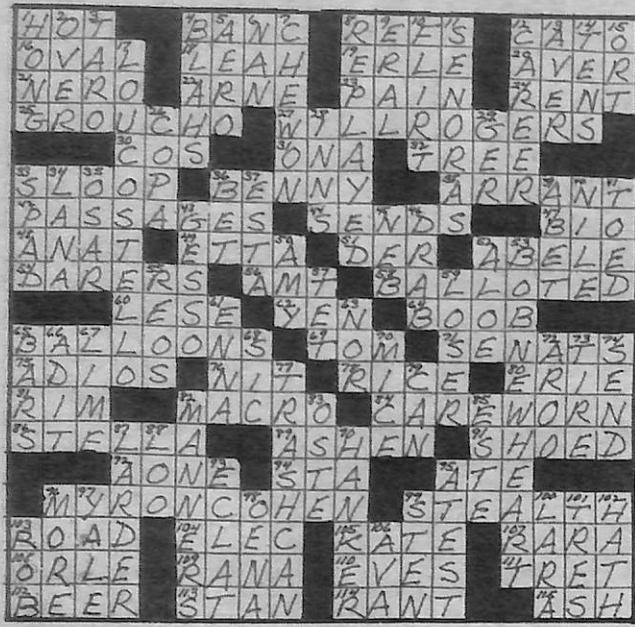
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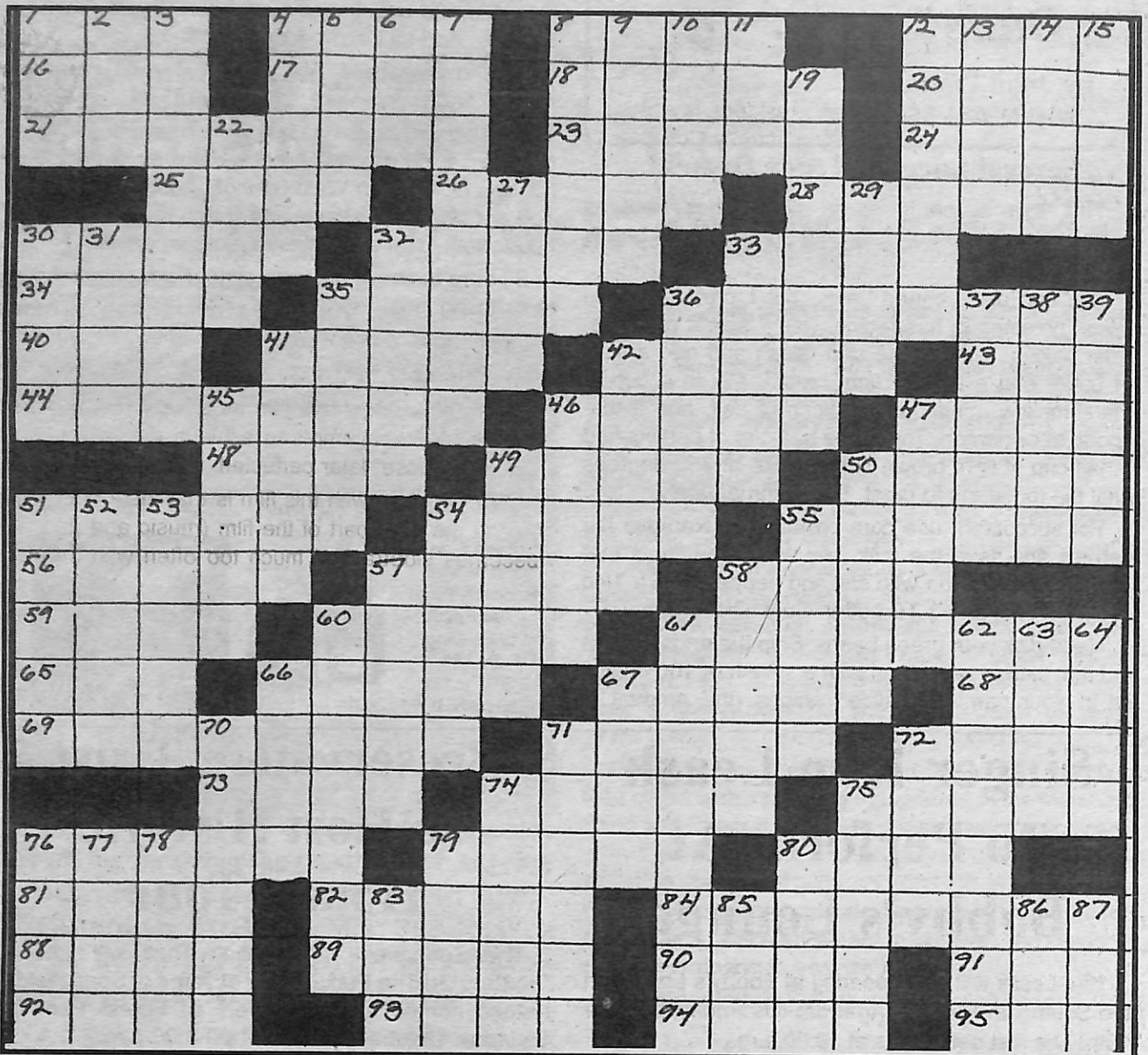
ACROSS

- 1 Ethiopia (abbr.)
4 ESP user
8 Men only affair
12 Set off radar
16 "Norma"
17 Swiss artist Paul
18 Theme
20 Hawaiian seaport
21 St. Petersburg residents
23 U. of Maine locale
24 Not __ many words
25 Dopes
26 Fruit-filled treats
28 Fodder box
30 Water holders
32 Uses a pawn shop
33 Cooking rod
34 Part of Q.E.D.
35 Drills holes
36 He follows closely
40 Cape North of Cod
41 Relocated
42 Be generous
43 Actress Gardner
44 Inhaled
46 Color tone
47 Brits' rifle
48 Lulu
49 Push
50 Store employee
51 Like yesterday's donut
54 English county
55 Recap papers
56 Lugged around
57 Western classic
58 Honolulu sleuth
59 Ogles
60 Gleamed

DOWN

- 61 Scold
65 Turn down words
66 Pool or card follower
67 See 18 A
68 Act the shrew
69 Beat with brains
71 Duckling's word
72 Zhivago's love
73 Rope plant
74 Blacksmith at times
75 Nut
76 In the land of Nod
79 Beginning
80 Thanks __
81 Implement
82 Playful water mammal
84 Yugoslavia neighbor
88 Exam type
89 Mountain nymph
90 Sentries' command
91 Through
92 Holding sites
93 Riles
94 Graf __
95 Sea raptor
96 DOWN
97 Transgress
98 Greek letter
99 Revolutionary mercenaries
100 a grade
101 Guido's high notes
102 Poetic contraction
103 Brought back
104 Baby deliverers of myth
105 Wrongful acts in law
106 G.I. mailing addresses
107 Part of G & T
108 Japan's primary religion
109 Engine knock sound
110 Or __
111 Way in
112 Judge against another
113 Seasoner
114 Made a hole in one
115 Assistant
116 The partridge tree?
117 English composer
118 Flit over
119 Tree casting
120 Auger
121 __ and a haircut
122 Feed the lawn?
123 Change inside out
124 Tiers of soldiers
125 Dug for ore
126 Songstress Dinah
127 Warsaw residents
128 Gleam
129 Lean to one side
130 Dreaded golf shot
131 Run after
132 Pool member
133 Here's __ (toast)
134 Bikini event
135 Sans money
136 Title for Ali
137 Keen
138 Root for
139 Hair cleanser
140 Fastest felines
141 Idle
142 Poet Teasdale
143 Actor Richard
144 Peter Pan pirate
145 God of thunder
146 Beach residue
147 Beets
148 Character actor Ames
149 T-bone
150 Serving dish
151 Over
152 Achy
153 Banking transaction
154 Fun, pun, or joke follower
155 Can do word
156 Three (prefix)
157 Luxury spot
158 Small tune
159 Fabrey nickname

Meet The Master - by Dick Mastroianni...



- 11 Part of G & T
12 Japan's primary religion
13 Engine knock sound
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19 Judge against another
22 Seasoner
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by John Walters
WHYN AM 560



Several Succulent Side Dishes...

This week's column is on side dishes such as sweet potato casserole, succotash, and green beans Italiano.

You can use canned yams, but I prefer to bake sweet potatoes in this recipe. Use 4 sweet potatoes. After baking, remove the skin. Mash and add a stick of butter and a 1/4c of light cream. Mix in a cup of marshmallow miniatures, a pinch of salt, and a teaspoon of cinnamon. Top with a half-cup of pecans and a half-cup of light brown sugar. Bake at 350 degrees until the top starts to crust. Serve immediately.

For succotash, use corn on the cob. Remove the kernels and save the milk. Mix with baby limas that are cooked. Season with salt and pepper. Add a 1/4c of light cream and 3 TB butter. Cook until creamy.

Hand-pick your green beans. Snip the ends and pill out that stringy vein. Start with a splash of 100% olive oil in your pan. Add sliced onions (the amount is

determined by your beans). Add a spoonful of crushed garlic and some crushed fresh or canned tomatoes. Use whole tomatoes, not the pre-crushed type. Simmer until beans are tender. Check your seasonings. Add salt and pepper.

Visit my website, www.foodduderadio.com, for recipes and much more. Check it out.

Starting on January 1st, I will be broadcasting on the first Saturday of each month at Competitive Kitchen Designs in West Springfield on River Street. You are invited to stop in and watch the show live as I cook with local and nationally-known chefs.

Be sure to check out www.springfieldsouthend.com to visit Springfield's Little Italy.

Remember, it is not what you're eating or drinking; it's whom you're with.

This is the "Food Dude." Until next week, I'll be talking to you on the radio.

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

(Pond Side Garage and Radiator Shop - 704 Spfld. St., Feeding Hills, 789-6170 - is his sponsor.)



Singer Kim Leask To Perform At Bobby's Lounge

Kim Leask will be appearing at Bobby's Lounge in the Southgate Plaza in Agawam this Friday, October 13th. The first set begins at 10:00 p.m.

She is the most recent addition to the band "Vital Signs" and will be singing songs by Alanis Morissette, Fleetwood Mac, and Melissa Ethridge (as well as back-up vocals). "Vital Signs" sings the finest of classic rock.

Leask is a 1988 graduate of Agawam High School, where she performed in the Show Choir and in every "Top 40" and "Vaudeville Show" every year.

"Vital Signs" has been together for four years, appearing at local clubs in the area. The other members of the band are Paul Montefusco, Dan Sedlow, Jim Rozaza, Tom Rowland, and Maryann Stebbins.

Preservation Trust To Host Historic Homes Tour

The Springfield Preservation Trust will present "Borders On The Park," a tour of some of Springfield's historic homes on the borders of Forest Park on Saturday, October 21st from 1:00-4:00 p.m.

Tickets are available at Flowers, Flowers, 758 Sumner Ave., Springfield; Antiques on Boland Way, 1500 Main St., Springfield; Westfield Flowers, 297 Elm St., Westfield; and The Flower Box, 596 Carew St., Springfield. Cost of tickets is \$10 for SPT members and \$10 for non-members. For more information, call 413-747-0656.

Annual Craft Fair To Be Held At St. Thomas

The annual Craft Fair sponsored by the Agawam Lioness at St. Thomas School will be held on Saturday, November 4th from 9:00 a.m.-3:00 p.m. in the school auditorium. The school is located on Route 20 in West Springfield (across the street from Toomey-O'Brien Funeral Home).

Featured items will include area crafters whose wares include pressed flower poem frames, sand art for children, dried floral, flags, afghans, baby items, candles, gem stone jewelry, birthstone angels, gift baskets, handmade dolls, old coin banks, honey and beehive products, handmade soaps, and creams.

The Craft Fair will also feature a raffle, bake sale, and a special visit from Santa. Come and browse this unique Craft Fair and help the Agawam Lioness continued with the tradition of the St. Thomas Craft Fair.

Crafters Needed For Country Estates Holiday Craft Fair

Crafters are needed for Country Estates of Agawam's annual Holiday Craft Fair. The Craft Fair is being held on Friday, November 3rd from 10:00 a.m. until 4:00 p.m. and Saturday, November 4th from 9:00 a.m. until 2:00 p.m.

Included in the Craft Fair will be crafts, bake sale, raffles, and holiday gift items. The Craft Fair is open to the public.

Please contact Sue O'Hare or Phyllis Nacewicz at 789-2200 for more details.

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Free cookies & balloons for attendees

Come and join the fun!





Education

Patrick Walsh Receives Prestigious Award At Annual Event...

"Music Cellar Piano Recital" Held At Colosseum Banquet House In West Springfield

If you recently walked into the Colosseum Banquet House, you would have thought you stepped into the music halls of Paris. After picking up your program, however, you would have realized you were participating in the annual "Music Cellar Piano Recital."

This recital may be one of the most well-organized and (not to mention) well-furnished musical events in West Springfield. All were dressed in their best attire, ready to perform the pieces that they so diligently worked at the whole year.

As the students anxiously waited their turn to perform, the parents and spectators enjoyed a finely garnished three-course meal.

From the time when the first note was struck to the time when the last note diminished, the Colosseum was filled with the sound of beautiful melodies. The pieces that the students played ranged greatly in both style and difficulty.

Each student played his or her best and presented the fruits of their hard work in front of the deeply captivated spectators.

As the night started winding down and the final notes resonated, the students awaited the most anticipated moment of the night - the distribution of the trophies.



ELLEN BUONICONTI congratulates Patrick Walsh for receiving the prestigious Lawrence C. Sullivan and Joseph A. Buoniconti Memorial Award for Excellence. Mrs. Buoniconti, a teacher at The Music Cellar, has been Walsh's piano instructor for the past eight years.

phies. The wall of trophies turned this local festivity into what could be easily mistaken as a national competition. As cheers filled the room and each student went up to receive their trophy, we all knew that another year of hard work had come to an end. While some students looked forward to what the future may bring, others reminisced on a year of growth and accomplishment. All students, however, were thinking about one thing - next year's recital.

One of the most prestigious awards at The Music Cellar is the Lawrence C. Sullivan and Joseph A. Buoniconti Memorial Award for Excellence. This year's recipient is Patrick Walsh. Patrick attends Agawam High School and is 15 years-old. He has been studying piano at The Music Cellar for eight years under the tutelage of Ellen Buoniconti.

Patrick is now playing in the Jazz Band at the High School, as well as playing the clarinet in the Marching Band and Concert Band. He is also a percussion player in the Field Show, and he plays numerous instruments in the percussion section. He is also a Boy Scout with the rank of Life Scout. He writes in the Agawam High School literary magazine, The Unicorn, and is attempting to arrange music.

We congratulate Patrick on a job well done.

West Springfield Class of 1980 Plans Reunion

The West Side High School class of 1980 is preparing for its 20th year reunion.

The gathering will be held at the Marriott Hotel in Springfield on Friday, November 24th. It has been scheduled on this day in the hopes that many will be in the area at this time.

For further information on the reunion, log on the class website at <http://school.masslive.com/school/W.S.Classof80>.

As plans for the reunion develop, so will the site. We are looking for many "lost" classmates, and their names are listed on the website.

If you have any questions or would like to help, please call Cathy Line Kozikowski at (413)-789-6538 or e-mail at Fkoz@aol.com.

Best local news with us ... AAN!!!

AHS's Class Of 1964 Seeking "Classmates" For 21st Reunion On Saturday, October 21st

The Agawam High School Class of 1964 has scheduled a reunion for Saturday, October 21st, and is seeking addresses of classmates who have moved since the last gathering. Anyone who has information on the whereabouts of the following people is asked to call Carol (St. John) Oliver at (413) 788-9024.

Richard Adams, Shelley Allen, Tammy Astifan, Susan Barkett, Carol Bartolucci, Darleen Berkowicz, Geraldine Bodman, Armand Bruneau, Larry Cadorette, Cynthia Chapin, Nick Cockoras, Michael Connor, Karen Connors, Janet Cousineau, Beverly Couture, Jack Decker, Betsy Donovan, Patricia Dumont, Richard Duga, Bruce Emerson, Sylvia Farina, Bill Freeman, Suzanne Gagnon, Richard Gamelli, Art Gingras, Daryl Grant, Jessie Hare, and

Ed Harashuk.

Don Headley, Kathleen Hewitt, Ellen Hope, John Kallipolites, Diane Lemier, Vivian Leal, Karen Luccardi, Karen Masi, David McGrevy, Marlaine Melbourne, Patricia Meunier, Ronald Montagna, Linnea Morris, Ken Nadok, Karen Nieroda, Margaret Paddock, Patricia Repinec.

Rick Reynolds, Cheryl Rosati, Cheryl Rosso, Tom Ruddeforth, Susan Russell, and Nancy Schmidt, William Shakespeare, Don Thorton, Richard Walsh, Sharon Veneklasen, James Washington, Sandy Wein, Eileen Weston, and Robert White.

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From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

Positive Mental Attitude...

I gotta tell you, from my many years' experience of dealing with people, I have seen that a major ticket to success is a positive mental attitude. Actually, I even heard about it when I was a little kid.

My folks read me that little classic book, *The Little Engine That Could*, and as they read the story to me, I could almost feel the energy that the engine needed in order to make it up the mountain. He kept saying, "I think I can, I think I can, I think I can" almost in mantra form ... and you know what, he made it!

I reflect, too, about the story of the tortoise and the hare. Even though the tortoise was slower, in his mind he felt that he could beat the hare and he did!

While I watched the Olympics, I was struck by the sheer determination seen in each participant's eyes. You could sense the intense focus and the keen desire to win. Without those ingredients, the skill could be there, but it would not have played out so magnificently.

What about the high school kids? It's amazing to watch some of the athletes. I remember this one boy who would do beautifully during each practice, but then when he entered the "field of battle," he would freeze and not be able to perform to the best of his ability.

I think, too, of the girl who came to see me obviously distraught. She couldn't understand how her grades could be so good and her SAT scores could be so low. Talking about the situation, I ascertained that she would get very nervous before each test. She knew how well she had to do, would tense up, and all the words (especially in the reading passages) would seem to blur. She would desperately try to make sense out of them. Panic would set in, she would tell herself that she was going to score badly, and that's exactly what did happen when she received her scores!

Amazing, isn't it! We have these thoughts about not doing well and they come true. Why? I really think that people who don't have a high self-esteem are the ones plagued by this the most. Inwardly, they feel that they are going to do poorly; they tense up, and their worst fears become realities.

Instead of having a positive mental attitude and using the mantra of *The Little Engine That Could*, they

use their own negative mantra and find they can't!!! Pondering this for a moment, I think back to the days when I used to play on a tennis team.

All night long, I would twist and turn, thinking about the game-to-be. In the morning, I would be exhausted from anxiety. Once on the court, my initial movements would be tight, not loose. I would miss some shots, get down on myself, lose my focus, and not play as well as I would have played when I had played "for fun." Clearly, my mental attitude was not in an "I can" mode!

How can you get into a positive way of thinking? Talk to yourself before you are about to perform a task. Ask yourself if you have practiced or studied for what you are about to do. Tell yourself that yes, you are prepared and you can do the task.

Before you actually tackle the task, repeat to yourself that you can do it, that you are a winner, that you can succeed ... and you know what ... you will succeed to the best of your ability and sometimes beyond. Make certain that you have set realistic goals; otherwise, you will be disappointed and this will just add to your feeling of inferiority.

It's important to realize that you will not always succeed; no one can always come out on top. But when you do not succeed, think about why that happened and what you can do to improve the next time.

Do not dwell on the fact that you failed; instead, dwell on the fact that you are in the process of learning and improving. Then, when you do the same task again, you will do it with a positive mental attitude.

As parents, you can help your children with their attitudes. Praise them when they tackle a new task. Give constructive criticism about how they can improve.

When they do not succeed, do not punish them; rather, sit down with them and discuss what happened in the classroom, on the job, or on the athletic field.

Make them realize that they are special, they are human, it's okay to make mistakes, they are your children, and you love them. Be understanding. Share with them some of your difficult times so they will realize that it's okay to not always be perfect, but that to keep trying is important.

Yes, mental attitude is more than half the battle on the road to success. A positive mental attitude can make all the difference in the level of performance.

Use the "I think I can" mantra and like *The Little Engine That Could*, you, too, will be able to climb that mountain and reach success!!!!

Agawam To Receive Grant To Create Small Learning Communities

The Pioneer Valley Regional Education & Business Alliance (REBA) and the Springfield Public Schools, along with Chicopee, Holyoke, Agawam, West Springfield, and Westfield, have received a \$234,083 planning grant as part of the Smaller Learning Communities Program (SLCP). Funded in the 1999 Appropriations Act for the Department of Education and authorized under the Elementary and Secondary Education Act, the Smaller Learning Communities Program provides \$45 million in funding for schools to plan, develop, and implement smaller learning communities within high schools.

Studies indicate that the size of the learning environment has an indirect effect on student learning. Essentially, size creates conditions for success, especially - as is the case in Massachusetts - when high expectations, accountability, and standards are already in place.

"This is a wonderful opportunity to achieve true high school reform," said Barbara Roche, executive director of REBA. "We knew that the grant process was extremely competitive, but we felt that being able to show the commitment of 10 large high schools in the Valley who were willing to work together toward a regional model of reform would work in our favor. We also benefited from having a strong partnership with Springfield Public Schools."

The funds will go toward a full-scale planning process; professional development activities for teachers and administrators within the participating high schools; mini-grants to each school; and public engagement activities which will include community-wide meetings to gain the support of parents, community members, and business leaders.

Incoming REBA chairman and Springfield Newspapers Publisher Larry McDermott said, "This grant will help begin the development of new and innovative ways in which educators at the high school level can tap into the world of teenagers and create a better learning environment."

The grants will:

Provide funds to plan, develop, implement, or expand smaller learning communities in large high

SEE GRANT FOR AHS - Page 37

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GRANT FOR AHS - from Page 36

schools of 1,000 students or more. Strategies may include creating schools within schools, career academies, restructuring the school day, involving personal adult advocates, developing teacher advisory systems, and other innovations designed to create a more personalized high school experience for students and improve student achievement and performance.

Why the shift to smaller schools?

The tragic events at high schools across the country have reinforced what many educational practitioners already know: the impersonal nature of large high schools leaves too many young people feeling apa-

thetic, isolated, and alienated from their peers, schools, and communities.

Approximately 70 percent of American high school students attend schools enrolling more than 1,000 or more students; nearly 50 percent of high school students attend schools enrolling more than 1,500 students.

Research has found that:

School size has positive effects on student outcomes as evidenced by students' attendance rates, frequency of disciplinary actions, school loyalty, use of alcohol or drugs, satisfaction with school and self-esteem (Raywid, 1995 and Klonsky, 1995).

Enrollment size has a stronger effect on learning in

schools with large concentrations of poor and minority children (Cotton, 1996).

What are some of the activities that funds will support?

Costs to reorganize schools; professional development; partnership-building; extended learning time; support services for students; and data collection and evaluation activities.

While funds must be utilized to develop the smaller environment, grantees must show how this connects to a plan for comprehensive school reform. Funds may not be used for new construction of schools.

For more information on smaller learning communities research, go to www.ed.gov/offices/oeselc.

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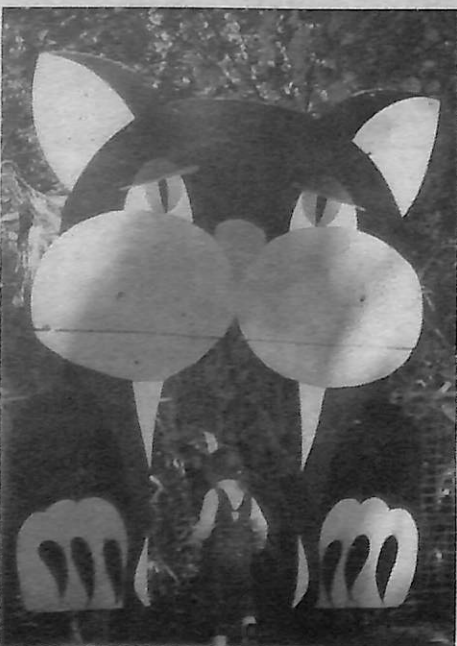
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Pack 75 Cub Scouts Are All "Tied Up" With Their Latest Activity...



AT A RECENT MEETING OF CUB PACK 75, Logan Ann Cannizzaro (left photo), five year-old sister of Colby Cannizzaro, was shown how to make knots by Craig LaPlante, Den Chief from Troop 75. Once Logan learned this, she helped a couple of the Cub Scouts with theirs. Meanwhile, Colby was working on a special knot of his own. IN RIGHT PHOTO (from left to right): Jake DePalo, Colby Cannizzaro (with back to camera), Den Chief Bryan Riley from Troop 75, David Hebert, Jr., Den Chief Craig LaPlante from Troop 75, Corey Fennyery (with back to camera), Christopher Brown, and Timothy Riley. To join Pack 75, call 786-2309. Tigers meet on Thursday nights, and Cub Scouts and Webelos meet on Wednesday nights.

Weekly Guidance Bulletin From Agawam High School

College Acceptances: Congratulations!

Brandon Donovan: Ohio State University

College Representatives: If you are interested in meeting with any of the following college representatives, you should sign up at least a day in advance in the guidance office. Please pick up your pass the morning of the conference.

October 18th: STCC, 9:30; Utica College, 11:30.
October 19th: Suffolk University, 9:00; Briarwood College, 10:00; Worcester State College, 12:15.
October 23rd: College of New Rochelle, 9:30; Pine Manor College, 10:00.

Scholarships: See your counselor for more information or an application.

Target All-Around Scholarships: Open to well-rounded, civic-minded seniors who have participated

in volunteer activities. Applicants must have a grade point average over 2.0. **Deadline:** November 1, 2000.

Boston University College of Engineering Scholarship Exam: Full-tuition scholarships will be offered to six of the top scorers of this exam. The exam will take place on Sunday, November 11 in Boston.

The following colleges are offering merit scholarships to qualified students who enroll at that college: Loyola College (Maryland), Washington University, Hamilton College.

Open Houses: See your counselor for more information.

Smith College: November 2nd

American International College: October 29th

New York Institute of Technology: November 4th
Massachusetts College of Pharmacy and Health Sciences: October 21st

Loyola College: November 4th

University of Rhode Island: October 27th or November 10th

Framingham State College Art & Music Open House: November 3rd

Colorado College: October 22nd, Boston Marriott Newton

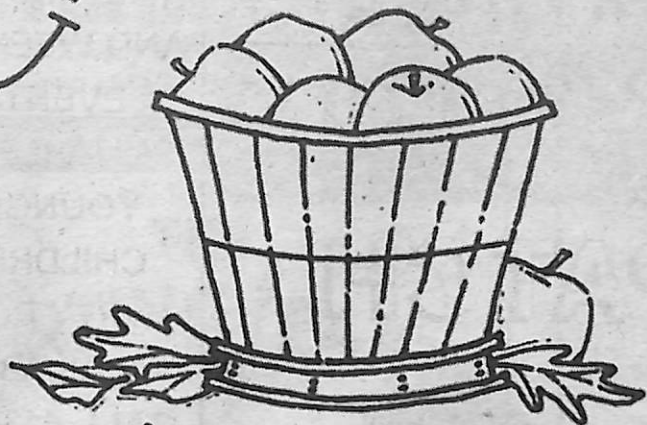
Art Institute of Philadelphia: October 28th

Boston School of Architects: October 28th

Hesser College: October 21st or November 12th

Sage Junior College of Albany: November 5th

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Agawam High School's Class Of 1965 Slates 35th Reunion For November 25th

The Agawam High School Class of 1965 is planning a 35th reunion on November 25th at Alexander's in Feeding Hills. The committee is looking for the following class members:

Emily Attardi (Guidi), Kenneth Bartschi, Francis Belisle, Patricia Beauchene (Kehr), Martin Blustine, Nancy Catelotti (Meehan), Nancy Coupas, Joan Dearborn (Cooper).

Richard Della Giustina, Ruth Dempsey (Connor), William Desmond, Diane Ferioli (Collins), Howard Gill,

Jack Grant, Charlie Guyote.

Paul Jenks, Aurora Kusick, Patricia McMahon (Kleh), James Mitchell, David Moreno, Glenn Nichols, Linda Paige, Joseph Paquin, David Pond.

Daniel Pugh, Charlene Rankin, Robert Shugda, Marie Southard, Gary Tease, Joyce Thomas, Faith Wheeler, Terry Wheeler.

For more information, contact the committee at <https://hometown.aol.com/agawam1965>.

Junior High School Fall Parents Night

Change In Date & Time ... Now Scheduled For

Thursday, November 30, 2000

6:30 - 8:30 P.M.

Details In November 9th And 16th

Editions Of *The Agawam Advertiser News*

Agawam Schools' Weekly Lunch Menu

Monday, October 16th: Steamed frank-furt in roll, Boston baked beans, oven french fries with catsup, chilled peaches in syrup, milk.

Tuesday, October 17th: Super taco boat with cheese topping, niblet corn, apple sauce, strawberry Jello with topping, milk.

Wednesday, October 18th: Meatballs with brown gravy, whipped potatoes, seasoned green beans, bread and butter, sweet potato spice cake with icing, milk.

Thursday, October 19th: Oven-roasted turkey, whipped potatoes, seasoned peas and carrots, bread and butter, baked apple crisp, milk.

Friday, October 20th: Grilled cheese sandwich, pickle chips, oven french fries with catsup, chilled mixed fruit cup or chocolate pudding with topping, milk.



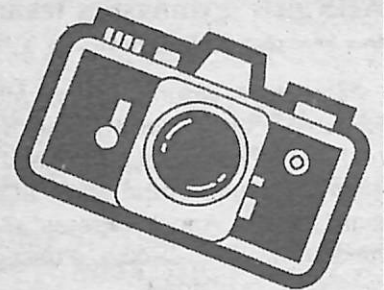
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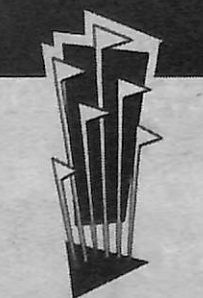
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Sports

Brownie Gymnastics Vaults To Early Season High (6-0)

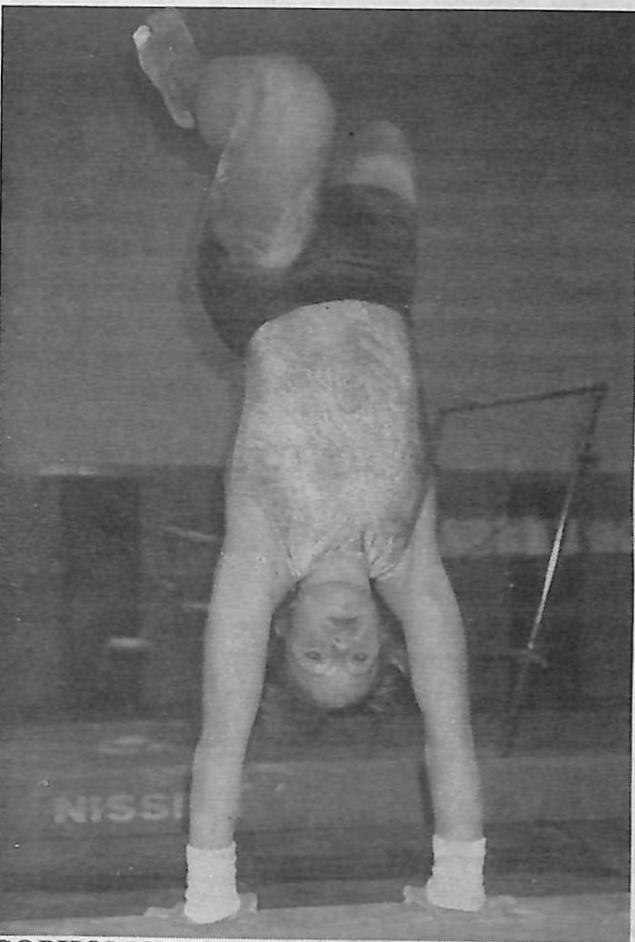
by Dave Rollins
Sports Editor

At presstime, the Agawam High gymnastics team is 6-0. At this time last year, they were 0-6 and headed for an 0-20 season.

Second-year Coach Allison Bonnyman, basking in the glow of success, explained the 360-degree turnaround.

"Last year, we had seven kids come out for the team, and three of them quit. That meant we had to compete with barely enough kids to cover the events in a meet."

So dire had the situation become that there was even talk of canceling the season. But somehow the team gutted it out through all the losses and negative vibrations.



SOPHOMORE ANDREA BABBIN (above) is one of the highly skilled newcomers to the AHS girls' gymnastics team this season. Advertiser News photo by Dave Rollins.

This is a young team, with only one senior, Elizabeth Clark. One junior, two sophomores, and nine freshmen make up the rest of the roster. "We're young because of the fact that we didn't have many kids last year. And the interest in gymnastics seems to have grown in this town, attracting the younger kids," the coach explained.

There are three veterans on the team. Clark has been there for four years; junior Dolores Cuccovia

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for three; and sophomore Allison Morris is in her second season. One of the standouts, sophomore Andrea Babbini, could have been on last year's club but decided to spend her freshman year as a member of Tim Daggett's Gold Medal Gymnastics.

"These kids have been associated with local gymnastic clubs. They are well-trained because of the basics they get at those places. Gymnastics for them is a year-round activity," Bonnyman noted.

Because of the numbers and talent she has to work with, the coach admits her approach to running the team has changed a bit. "I'm still learning how to be the best coach I can be. Adjusting to the talent is perhaps my biggest challenge. I have to put the kids in the best places for their skills when it's time for the matches."

She also noted that competition in practice is intense. "I have to be a little bit of a 'taskmaster' with them. They all know the ones who do best will get the spots. And since they are all very good, practice is interesting to watch."

Bonnyman said that perhaps the vault and the beam are the team's strongest events. "We also hold our own in the others. These kids are so well-trained when they get here that they can handle any discipline," she remarked, observing them working out. It must be said, even for gymnasts (who are unusually fit), this group looked to be in super shape.

The team has a big meet coming up on Friday, October 13th, in Pittsfield against two of last season's top teams, South Hadley and the Generals. "That meet will tell us something about where we are this season," the coach said. She also noted that both of those clubs lost some key kids to graduation, which might help the Brownies.



KARA BARNES

Profile...

Kara Barnes Hopes Volleyball Will Turn Around

by Dave Rollins
Sports Editor

Kara Barnes is an all-around player for the Agawam High girls' volleyball team.

Recently, the senior took some time out to talk about her days at AHS. Barnes is 18. Her birthday is August 29th. She has spent all four years of her secondary education at Agawam.

Currently, she is taking quite a course load: English 12, practical law, child development, conceptual

SEE KARA BARNES - Page 41

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KARA BARNES - from Page 40

physics, business math, and individualized reading. She was a member of the Renaissance Club. Her favorite course is P.E. Joseph Fitzgerald (history) is Barnes' top teacher. At this time, she has her eye on STCC. "I plan to go there, then transfer after two years," said Barnes. Her plans are either to become a police officer or a P.E. teacher.

She plays two sports, volleyball and lacrosse. She favors volleyball. Her sports memories include everything she's done. She sees the fortunes of the team (which at this writing is 3-9) as taking a turn for the better. "We're trying to pick things up for the stretch run," she noted.

Barnes' favorite food is fettucini alfredo, made by her mom.

Red is her top color.

If Barnes could pull into the AHS parking lot in any car, it would be a Dodge Viper (red, of course).

She likes to kick back and relax with her friends.

Barnes' taste in clothes runs to t-shirts and jeans. She buys them at Aero Pastel at the Holyoke Mall.

She likes everything in music. Her top group is the Def Tones.

"Will and Grace" top the tube for her. "Casino" is her favorite flick.

Heidi is her mom. Wayne is her dad.

Her mom is the person she looks up to. "She is an all-around good person," Barnes smiled.

She would like to be remembered at AHS when it's all over as someone who was enjoyable to be around.

"She is a firecracker and a good athlete, very self-motivated, who learns things quickly. She has a good head on her shoulders," was the way varsity volleyball Coach Pat Demers characterized the senior.

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Agawam High Football Suffers Long Night Against Holyoke

by Dave Rollins
Sports Editor

In the new AA Conference, you are either quick or it's over. Just ask Agawam High after its road trip last Friday night (October 6th) to Holyoke High, where the Purple Knights extended their unbeaten string to 4-0 (3-0 in the AA Conference) with a 37-6 win. The Brownies fell to 0-5 (0-4). This one had to be difficult for the faithful to view.

Holyoke's 218 yards on the ground and 134 in the air, for a total of 352, was not that much more than the Brownies' 118 and 195 (313). The big difference was that the Knights scored almost every way a team could - overland, through the air (even on a 98-yard, two-point conversion return on Agawam's only TD of the game). It was the second time the Brownies have been hurt by that mistake. Northampton did it to them a couple of weeks ago (98 yards but no score).

The home folks were led by two undeniable forces: the running of senior back Alex Robles, an All-Western Mass. linebacker and an All-Western Mass. offensive candidate if he continues to run like he did against Agawam (13 carries, 157 yards, and TD's of 47 and 11 yards).

The other was the Knights' defense, which was right there when it had to be. So tough were they that Agawam couldn't get a first down on the ground through the first 24 minutes (37 on the ground and managed only three in the half through the air). No wonder when the horn wailed, the Brownies, down 28-0, were about ready to spit the bit.

Holyoke scored first on a nifty 35-yard run off a good fake with 2:58 to go in the first quarter by quarterback Brian Griffen. Agawam, which had the ball

first and was frustrated, found more of the same on its next possession, punting the ball on three and out to Holyoke's 47.

One play later, with the Brownies' Vitaly Dzhenezherukha in hot pursuit, Robles romped to paydirt. With another extra point up and good, Holyoke enjoyed a 14-0 lead with 30 seconds left in the quarter. What offense the Brownies managed to muster was a heady option pass with 3:30 gone in the second quarter from Vitaly to senior tight end Lou Conte (five catches, 89 yards), which covered 19. But the Agawam threat was snuffed by a sack with a third and 6 on the Knights' 38.

The Play Of The Game...

Then came the play that got what turned out to be a pretty sparse crowd on their feet. Holyoke had the ball at its own 40. Griffen took a three-step drop and fired into the left flat, where running back Kyle Camp was camped out all alone. He used a couple of big-time cuts and a timely block or two for Holyoke's third touchdown and a 21-0 edge with 4:04 left.

Agawam was still searching for its running game. Vitaly, who would end up with 113 yards and Agawam's lone score on 23 carries (to go over 400 yards for the season), could manage only 32. Sophomore quarterback Joe Clark (5-12, 88 yards, 1 int.) had no choice but to air it out and hit Conte with strikes of 12 yards, then 47 on a third, and 22. He hit a six-yarder on a blitz which, unfortunately, saw Agawam give up the ball on downs at the Knights' 33.

SEE FOOTBALL - Page 42

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Profile...

Tony Liquori - A Proven Leader On The Agawam High Gridiron

by Dave Rollins
Sports Editor

Tony Liquori is one of the prime contributors on the Agawam High School football team.

Recently, Liquori took some time out to discuss his days at AHS. Liquori turned 18 on May 22nd. He stands 5'7" tall and weighs 160 pounds.

All four years of his secondary education have been spent at AHS. This semester, Liquori is taking algebra II, English 12, job corps, and gym. He is also a member of the Renaissance Club. Psychology is his favorite subject. Varsity football Coach Tad Desautels (physical education) is his top teacher.

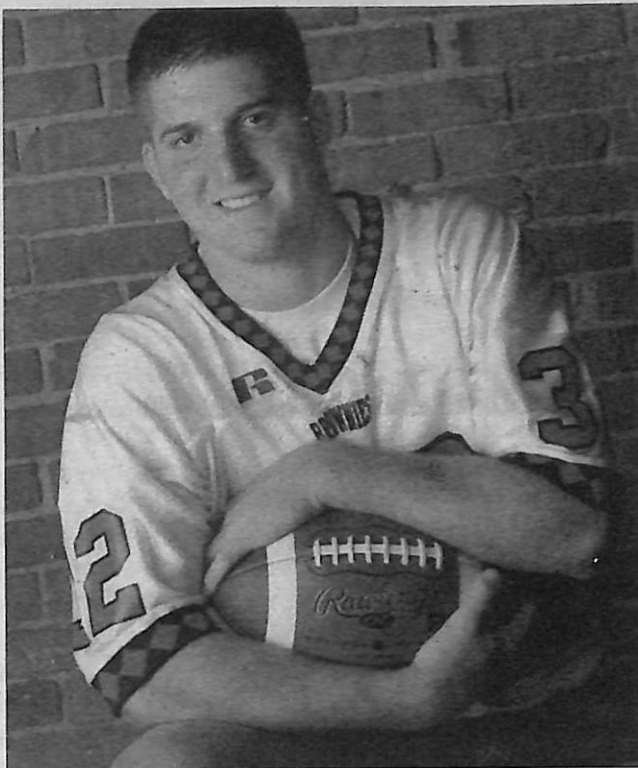
Right now, Liquori is looking at Westfield State when he graduates. He would like to major in business and also continue to play football while at WSC.

Football has been his sport, but he's thinking of playing lacrosse next spring. His most memorable sports moment came in his freshman year against Holyoke. "I ran 32 yards for a touchdown, then rushed for the two-point conversion that won the game for us," he recalled.

The Brownies are currently 0-5. Liquori, however, is optimistic about their six remaining games: "We could go 6-5 or at least win most of them. We just have to eliminate the small mistakes we're making. We can put it all together." Liquori, whose family owns Nicky's Pizzeria on Main Street, Agawam, says chicken parmesan is his favorite dish.

Orange is his top color.

His ride would be Alan Cohen's Mercedes. "Mr.



TONY LIQUORI

Cohen is a guidance counselor here. It's a beautiful car. Top of the line. I'm always asking him to let me drive it. Maybe by the end of the school year I can

SEE TONY LIQUORI - Page 44

FOOTBALL - from Page 41

Holyoke was back in business with 50 seconds to play. Griffen found Camp coming out of the backfield after a two-play drive and hit him for an 11-yard score. The half ended 28-0, Holyoke.

Holyoke received the second-half kickoff and took it from its own 32 in eight plays (taking just over five minutes off the clock) to score its final TD of the game.

The Brownies wouldn't give up. After exchanging turnovers (a Knights' pick and an Agawam fumble recovery), they found themselves on the Holyoke 40. Sixty yards and nine plays later, Vitaly took it over from the five to get Agawam on the board with 1:31 left in the third. However, on the Brownies' try for two, they coughed up the ball and Griffen ran it back for a safety.

After that, Holyoke sat down a bunch of starters. Agawam got some of its subs into the game as well.

Agawam will host Westfield this Friday evening (October 13th). The Bombers are 0-4 (0-3). Holyoke will have a big one when Central 4-1 (4-0) comes calling.

Brownies' Coach Tad Desautels said during practice last week that the kids won't give up. "Better times are coming," he said.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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TONY LIQUORI - from Page 42

convince him," Liquori smiled.

His top team is the Buffalo Bills.

He likes to relax with his friends.

He likes the preppy look in clothes and buys them at Structure and Filene's.

"The Simpsons" tops the tube for him. "A Bronx Tale," starring Robert DiNiro, is his favorite flick.

Annette is his mom. Nick is his dad. He has two brothers, Patsy (22) and Franco (17), and a sister, Lucy (15).

His parents are the people he looks up to the most.

When his days at AHS are done, Liquori just wants people to remember him as a nice guy.

Desautels had this to say about the senior: "He is a well-respected member of our team. His teammates voted him line captain. He is a great leader for our younger kids because of his 'never quit' attitude. And he is versatile, with the ability to play tailback or full-back on offense and linebacker or strong safety on defense. You can't keep him out of the lineup, either. Last season, he played with a broken wrist and didn't miss a snap."

Meeting Slated For October 17th...

Skateboard Park Committee Looking For Volunteers

The committee working on building a new Skateboard Park in the Town of Agawam is seeking volunteers to help raise funds for construction. If you are interested in volunteering in this fundraising effort, please call Chris Sparks, Director of Parks & Recreation, at 821-0514.

There will be a public meeting for people interested in working with the committee and raising funds. Please attend the next Skateboard Park Committee Meeting on Tuesday, October 17th at 7:00 p.m. at the Agawam Police Station in the Peirce Community Room.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event.



AMBER CONTE

Amber Conte Recognized By Nat'l. Collegiate AA

Amber Conte, a sophomore from Agawam, was among three Suffolk University basketball players recognized by the National Collegiate Athletic Association in its final statistics released recently.

Conte, a standout for the women's team, which finished its season at 19-7 (best in the school's history), finished 20th in the assists stats and had a total of 134 assists for a 5.2 average.

Agawam Soccer Association To Hold Annual Mtg.

Annual elections will be held for the Agawam Soccer Association Executive Board on Monday, October 16th, at 7:30 p.m. at the Italian Sporting Club. All positions are on the election ballot.

If you are a parent, coach, or simply someone interested in making soccer a better experience for Agawam's children, consider running for one of these positions. This will be a mandatory meeting for all coaches. Both In-Town and Pioneer Valley coaches must be present at the meeting or send someone who will represent them.

The annual Soccer Appreciation Night will be held at the Springfield Turnverein in Feeding Hills. This event will be held on Saturday, November 4th, starting at 6:30 p.m. The night will feature great music, dancing, door prizes, and a great-tasting Turnverein buffet.

Tickets are \$10 and can be purchased from any board member, coach, or by calling either Darlene Kedzior at 789-0454 or Dee Adams at 786-9085.

The raffle winners from this weekend's In-Town Jamboree Tournament were: Laurie Phelps of Agawam, first prize (\$500); Osbourne of Agawam, second prize (\$250); and Maureen Parrott of Agawam, third prize (\$100). Congratulations to our winners!

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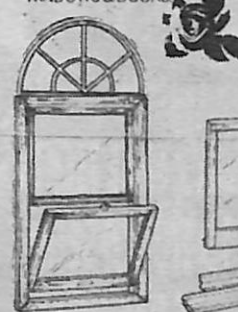
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At UMaine...

Phil McGeoghan Getting Noticed By NFL Scouts

by Dave Rollins
Sports Editor

Local football fans of Agawam High will be able to see one of the top kids to play the high school game for AHS in recent years when Phil McGeoghan and the UMaine Black Bears invade UMass this Saturday, October 14th, for a 1:00 p.m. game at McGuirk Stadium.

McGeoghan is a senior this season, and despite the fact that Maine (0-2, 2-3) doesn't throw all that much, the former Agawam High wide out is still optimistic about his play for the Bears.

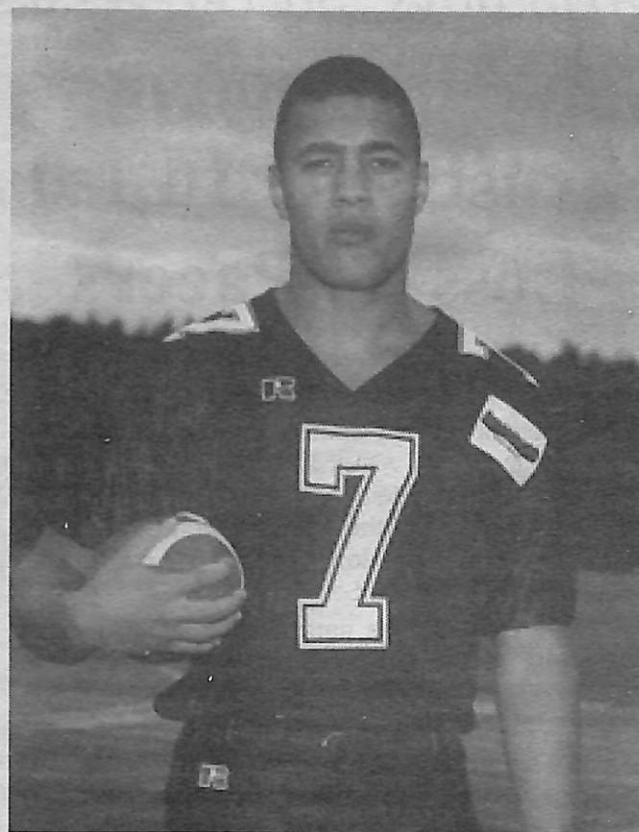
"Yeah, I go out and get my catches.," McGeoghan noted. He said that two weeks ago against William and Mary, he had the best day of the season, catching 11 balls for 178 yards and a score. For the year, he has 30 catches for 475 yards and a score. "Two others got called back because of penalties," he told us.

But there are other things he does well. "I get to go down on special teams' kickoffs and punts. And that's valuable experience, breaking up those wedges," he added.

McGeoghan, who was a robust 6'3" and 180 pounds in high school, has bulked up. It's all muscle and none of the stuff that slows you down. He runs a 4.4 40. That kind of speed gets people interested in you.



FORMER AGAWAM HIGH All-Western Mass. wide receiver Phil McGeoghan will be catching passes this Saturday (October 14th) when his University of Maine Black Bears visit UMass at Amherst. In left photo: McGeoghan during his days at Boston University. In right photo: The one-time Brownie in his UMaine colors.



"I've had about 10 NFL scouts here to check me out," he admitted.

McGeoghan was a high school All-American in track (high jump) at AHS. But, for now, he says his track career is somewhat on the back burner.

"I have to see what happens with pro football before I return to track the way I used to do it." His shot might not be that long, either.

Another former Black Bear and Agawam resident,

Mike Flynn of Cathedral High School, is a three-year member of the Baltimore Ravens and saw considerable action at center last Sunday against Jacksonville.

McGeoghan is maintaining a 3.0-plus average in marketing at Maine.

By the way, he rooms with Black Bears hockey star Doug Janik from Agawam High. Janik, a defenseman, was a member of the 1998-99 UMaine National Champion hockey team.

AIC Basketball Coaches' Clinic Set For October 22nd

The second annual 2000 AIC Basketball Coaches' Clinic for men and women of all levels will be held on Sunday, October 22nd, from 10:00 a.m. to 2:00 p.m. at Butova Gymnasium.

This clinic will feature Coach Howie Dickenman of

the Central Connecticut State Blue Devils, AIC Men's Coach Art Luptowski, and AIC Women's Coach Pete Cinella.

This clinic will include team practices, player demonstrations, offensive and defensive sets, along

with game strategy.

The fee for the clinic is \$45 per coach, and \$10 for each additional staff member.

For more information, please contact Paul Scoville at (413) 747-6563 or Dick Lenfest at (413) 747-2092.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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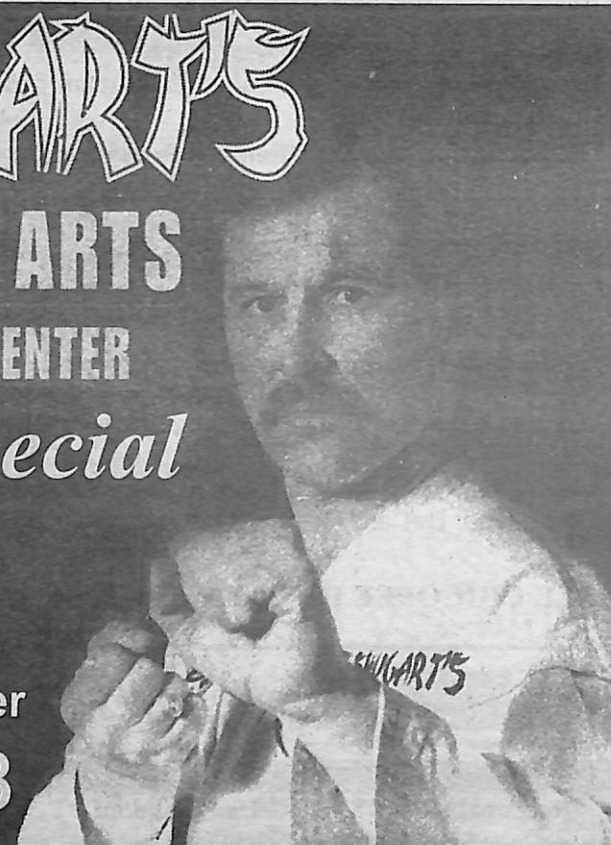
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AHS Boys' Soccer Versus Chicopee High, Ludlow, & Chicopee Comp...

AHS Booters Frustrated In 1-0 Loss To Pacers

by Dave Rollins
Sports Editor

Sometimes you just want to go out in the middle of nowhere and let go with the loudest scream you can call up without shredding your vocal cords. That had to be the mind-set of the Agawam High boys' soccer team after its 1-0 loss to Chicopee High on Tuesday night (October 10th) at Szot Park.

"Yeah, this one was particularly frustrating, especially after our 5-2 win over Chicopee Comp the other day. Suddenly we can't put the ball in the net," said Brownie Coach Jon Cavallo when it was in the record books.

The coach also noted that his club outplayed the Pacers for most of the game. They did, for most of the game, do just that. The first half saw them with seven more minutes of offense than the Pacers. They had almost seven more offensive minutes than the Pacers in the second half as well.

"This was probably going to be a one-goal game. Once again, we just didn't get any breaks," Cavallo added.

Agawam, which fell to 3-7 (2-4-2), started off in high gear with attacks led by Mike McGeoghan, John Lynch, and Matt Ligenza. Except for a momentary foray into the Brownies' zone, Chicopee (2-3-5 / 1-1-6) was forced to play defense for most of the 10 opening minutes of the game.

Defense was the early order of the evening in this one. With 12:25 off the clock, neither team had a shot on goal. The Pacers finally got one at the 22:10 mark - a weak 90-footer from the right side. The Brownies, who had a bunch of opportunities (which went wide or over the net), finally got two good chances in a row.

Off some good passing by Mike Donato, Eric Serna, Dave Bienia, and Mike Ruscio, they worked the ball to John Lynch, cruising the right wing with 14:26 to go. Lynch launched a skyball into the Pacers' crease.

Greg Cizek was there for the header. But Chicopee keeper Matt Costa was also there to rob the sophomore fullback. Less than a minute later, Ruscio drove into the left crease and took a 15-footer that Costa also gathered up from point-blank range.

Agawam had another great chance with 2:10 to go. Serna executed a left-right cross to Mike Crough in the crease. Crough popped a header that just missed an open right corner by two feet.

The half ended in a double bagel. Each team had two shots on goal.

AHS Again Puts On Offensive Pressure...

Through the first seven minutes of the second half, Agawam again put on the offensive pressure. But their shots kept sailing wide right or left. It was obvious everyone in attendance associated with Agawam soccer - the faithful and the players alike - were becoming frustrated. And play began to get rough in the Pacers' zone.

Maybe that's what Chicopee needed because they perked up a bit on offense. With 12:17 gone, DeCaro was tested on a hard shot 35 feet out on the left side by Chris Jorge. DeCaro made a diving stop at 26:47.

SEE CHICOPEE HIGH GAME - Page 47

Brownie Booters Give Great Effort In 3-1 Loss To Lions; Stomp Comp, 5-2

by Dave Rollins
Sports Editor

They say if you want to know how good you are, play the best. That's what Agawam High did last week when they hosted Ludlow High.

The Lions have quite a resume: last year's Smith Division Champion, Division I WMass. Champion, and State Champion. They came into this one at 7-0-2 and beat the Brownies (2-6-2), 3-1, but it was not a game where Ludlow dominated as in the past. In fact, this could be considered a "coming out" party for AHS under the Cavallo regime.

Ludlow does things the other teams in Western Mass. only wish they could. One of them is pass. They started out working the ball around at the top of their zone, always communicating to each other, hitting the open man as they moved the ball upfield.

Their efforts resulted in three big saves early on by Agawam keeper John DeCaro. The first came with 6:20 gone on a hard shot 40 feet out on the right point. Three minutes later, Ludlow had a free kick from the left wing that John handled. A minute after that, he knocked down a ball coming in from the right point.

As usual, Agawam was forced to play some tough defense. Mike Carmody, Greg Cizek, Dave Bienia, and sweeper Mike Crough stepped up in that department. But Ludlow's defense was every bit as good, marking the Brownie forwards when they tried to penetrate (thus throwing off the home team's offense).

DeCaro made a couple more acrobatic saves as the first half ticked away. Finally, Ludlow scored with 3:06 left on a header of a left-corner kick. DeCaro tracked the ball well, but it was hit from 10 feet out and bounced off him and into the Agawam net. The first 40 minutes ended 1-0, Lions. Agawam could manage no first-half shots. Ludlow had eight.

The Ludlow defenders were earning their living in this one by not allowing Agawam's shots to reach their

keepers, Helder Pires and Joe Shanley. Meanwhile, the Lion forwards continued to keep big-time pressure on the Brownie goal. That pressure translated into a Ludlow penalty shot at the 25:50 mark. The ball slid past a diving DeCaro and into the right-hand corner for a 2-0, Ludlow lead.

With 12:50 left, midfielder Eric Serna finally got off a shot of the Ludlow goal from 40 feet out in the center of the box. Cizek had another good chance at the 11:50 mark; his effort forced Shanley to come out 30 feet to make the save.

There were 10 minutes left on the clock when Brownie Coach Jon Cavallo took DeCaro out of the goal and inserted him at midfield. Junior keeper Evan Machos took over for DeCaro.

Ludlow's third score came on a pretty play with 2:54 to go. The Lions came in on a right-wing rush. The bang-bang play saw Mike Lima take a feed from Joe Naginewicz and drive the ball by Machos, who'd come out of his net to cut down the angle.

Agawam cut into the 3-0 lead with a score 30 feet out on the right wing. Mike Carmody got it. Eric Serna was credited with the assist. Actually, in the final 15 minutes or so, the Brownies applied some heavy pressure on the Ludlow goal, leading to Carmody's goal.

Agawam had five second-half shots for a total of five. Ludlow countered with five and a game total of 13.

The Brownies Break Out Against Comp

After their loss to Ludlow, you had to think Agawam would be loaded for bear. It turned out to be Colt, however, as they hosted Chicopee Comp and came away with a big 5-2 win last Friday evening (October 6th) at

SEE BOYS' SOCCER - Page 49

AGAWAM LITTLE LEAGUE ANNUAL MEETING



Meeting will be held 7PM October 15th at the Italian Sportsmen's Club on Cooper St. Election of League Officers to be followed by discussion. All League parents are welcome and attendees will receive a \$5 per child discount on next years dues.

For More Information, Call Bill at 786-6064.

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In Tri-Parish Bowling League...

St. Louis Holds Slim Lead Over The Competition In Round One

As of Monday, October 2nd, St. Louis continued to hold a slim lead after being able to take only one point from Holy Cross and losing 3-1. HC got a big night from Jan "Steady" Fuller, who decided on this night to have a big string of 130 to go with a steady 97 and 90. Ron "The Don" Menard was unbeatable in this match, running off strings of 127, 110, and 134 for a 371 total to lead his team to an 81-pin total pin victory.

For St. L, Caroline "Peppy" Coelln showed some of her old form (after a year off) by bowling a 318 total and a 123 single; that should be enough to keep her hubby singing for the whole season. Glen "Not Sam" Adams was not at his best, getting only a 310 total. He headed out the door after the match to console himself with a few of Sam's best.

Getting back into second place (only a half-game out), Georgetown split with Catholic University at two points each. This was a high-scoring match from the get-go. For G'T, Tom "Thumb" Massotti started with a 123 and added a 115 and a 108 for his best total so far this year - a 346. Jim "Big Mac" McCormack had a 333 with a second string of 131 to help G'T (he must have had at least one "Deluxe" burger for supper). "Mighty" Debbie Poirier was still off her form, only rolling puny 288, but holding on so her team was able to take two points.

For CU, Cori "Lefty" Napolitan was going great with a 124 and a 105, but finished with a 78 to only total 307. John "Big Bad" Mlinek helped the CU total with 100, 103, and 110 for 313. And Kathy "Big Cat" Burlingham made the 350 board again with a 359 this time, consisting of 114, 103, and a huge 142 string. The two points put CU into third place (one point out).

St. Mary won only one point from Boston College,

but it was enough to stay tied with Catholic U for points (although over 100 pins in pinfall behind). For BC (winner of three points), Betsy "Loaded" Cannon ran off a 302, and Jon "Money" Robarge ended up high in the league with a 373 total, which included a 138 single. BC also had a team total of 542 for the third string to overpower St. M and give them the one point for total pins.

For St M, Don "Reb" Stitt hit a 304 for the night, but Rich "Golden" Snyder was slightly tarnished and could only run off a 302. The old saying "All that glitters is not gold" still applies!

In the also-ran category, Fordham tied Notre Dame, 2-2, in a tight match which was settled by an eight-pin total difference. The first string point went to ND when Paula "Wild Thing" Burke won over sub "Luscious" Lou Muldrew, 118 to 95. Flo "Rocky" Rochford helped F'ham win the second string when she rolled a 103, which was high for both teams.

F'ham took the third strong by five pins, which was not enough to overcome ND's 13-pin lead, thus resulting in the split.

Standings As Of 10/2/00:

St. Louis	10 - 6
Georgetown	9 1/2 - 6 1/2
Catholic U	9 - 7
St. Mary	9 - 7
Notre Dame	7 - 9
Boston College	7 - 9
Holy Cross	6 1/2 - 9 1/2
Fordham	6 - 10

CHICOPEE HIGH GAME - from Page 46

The Brownies' keeper then leapt to snag a Chicopee corner kick 30 seconds later. It was obvious there was, for the moment at least, a shift in the momentum of the game.

With 18:14 gone, Chicopee had five shots on the Brownies' net. Agawam had a goose egg to show for its efforts.

The Pacers scored the only goal of the game with 21:22 to go on a Shawn Martel right-side drive off a Tom Hevey assist.

With 18:46 left and down 1-0, Cavallo sent junior Evan Machos in to tend the goal and moved the talented DeCaro to midfield in a search for more offense. However, things once again settled down to a defensive battle for the next five minutes.

Agawam had three corners in a row with 13 minutes to go, but couldn't cash in.

With 5:30 left, Ligenza and McGeoghan led a drive on the Pacers' net, but neither kid could get anything set up that even resembled a shot. The Brownies made another big offensive effort as time ran down. But by then, Pacer Coach Rick Nadeau was calling for his kids to play tough defense. And they did.

Agawam had three shots in the second half for a total of five. Chicopee came in with eight for a total of 10.

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

Women's Basketball Officials Wanted For 2000-2001 Season

The Hampden County Board of Women's Basketball Officials is looking for new officials for the coming 2000-2001 basketball season.

If you are interested, contact Bob at 568-0140 or John at 786-9459.

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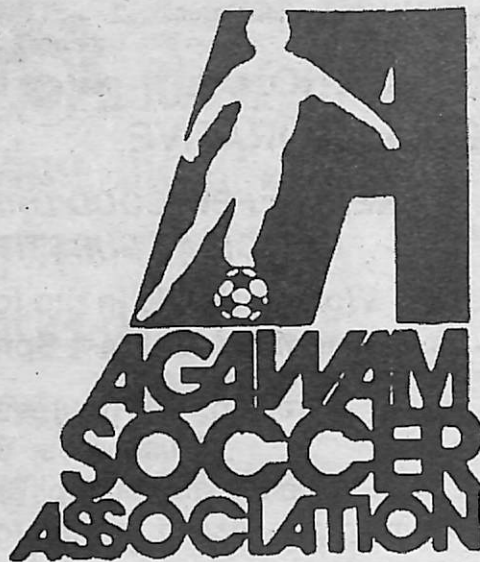
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Agawam Soccer Association



Final Spring Signups

In-Town program available to all children 5 yrs-old by August 1st of this year to 11 yrs-old. Pioneer Valley Travel Teams' sign-up for children 8 yrs-old to 14 yrs-old.

Sign-ups will be held at the Agawam Middle School on Saturday, October 14th from 10 AM to 2PM.

Registration Fee is \$35.



Agawam Youth Football - Week Five

SENIOR BLUE

The Agawam Warriors' senior blue team defeated the South Hadley Cats in week five of SAFL action at Memorial Field. There were a few celebrities in attendance for the Warriors' game: Agawam High Head Coach Tad Desautels, UMass Head Coach Mark Whipple, and Agawam's own UMaine star Phil McGeoghan.

The Warriors got off to a quick start in this game and never looked back. Agawam received the opening kick, and fleet-footed Chris Keeley returned the ball to the South Hadley 40-yard line. Two plays later, Kurt Schiebel - behind the strong Agawam line of Johnson, Walker, Bussiere, Bailey, and DeCosmo - scored from 35 yards out to put Agawam up, 6-0. The Warriors pushed the ball down the field with precision; FB Mike Toto rushed it in for the score, and he added the conversion to make it Agawam 14, South Hadley 0.

Agawam again was in good field position at the 50-yard line, and they kept it on the ground pushing down-field with South Hadley in a six-man defensive front. Agawam QB Andrew Wakelee took it up the middle following the block of center Zack Bussiere to score again, making it 20-0 at the half.

South Hadley would not go down easy, as they refused to quit. Kurt Schiebel had another outstanding game and rushed for 97 yards (all in the first half). Mike Toto again was tough at the FB spot and gained 60 yards on eight carries. Andrew Wakelee rushed for 40 yards and passed for 60 yards in the Warrior win.

The Warriors play on October 15th at Plumb Field in Springfield against the Springfield 5A South team.

The next home game is on Sunday, October 22nd, at 3:00 PM.

SENIOR GREEN

On Sunday, October 8th, the Agawam senior green team played a tough game against Easthampton. At the half, Easthampton was leading with a score of 22-0.

The Agawam Warriors had the ball to start the second half. Quarterback Jordan Buiso, running a shotgun formation, threw a 15-yard pass to tight end Tom Ramah for a first down (Warriors). In the next play, Jordan Buiso hit a wide-open Shaun Cummings in the flat; Cummings ran 60 yards for the Warriors' first touchdown.

Outstanding pass blocking from John Delucchi, Anthony Sotolotto, Jim Yelnick, Geno Santaniello, Mike Longhi, tightback Justin Howe, and fullback Derek Myers also protected Buiso, who ran in the two-point conversion to put the score at 22-8, with Easthampton still in the lead.

Quarterback Jordan Buiso hit wingback Nick Alvanos for a short pass. Jordan Buiso, from a shotgun formation, hit tight end Shaun Cummings on a fly pattern for a 70-yard touchdown. A two-point conversion was run in by Jordan Buiso.

The Warriors kicked off to the Eagles, who ran a kick-off back for a touchdown but were unable to make the two-point conversion (which made the score 32-16). With less than a minute to go in the game, quarterback Jordan Buiso threw a pass to Nick Alvanos for 65 yards. The Warriors had four tries from the 10-yard line, but time ran out.

Jordan Buiso threw for over 250 yards to receivers Tom Ramah, Nick Demetron, Shaun Cummings, and Nick Alvanos. The final score was 32-16 (1-4).

This Sunday, the Warriors will play at home against Westfield.

JUNIOR BLUE

On Sunday, October 8th, the Agawam Warriors' junior blue team hosted South Hadley at Memorial Field.

Agawam's defense played tough against South Hadley. South Hadley scored on an interception and converted the extra point in the second quarter to take an 8-0 lead at halftime.

"Our defense is the strong point of our team, and had been all year long," said Coach Pezzimenti, adding, "Coach Dominick and Coach Waite have done a great job with our defense unit."

South Hadley scored in both the third and the fourth quarters. Agawam's offense just couldn't get started against South Hadley. A lot had to do with Dom Moccia not being able to play due to a shoulder injury in the second play of the game. Moccia is the type of back who can do it all; throw, run, and punt the ball.

South Hadley's junior team is a good team. "Our Warrior team played hard, and I'm proud of our team for playing as hard as they did," said Coach Pezzimenti.

The Agawam Warriors' next game will be away against Springfield South at Plumb Field on October 15th.

SEE YOUTH FOOTBALL - Page 49

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YOUTH FOOTBALL - from Page 48**JUNIOR GREEN**

On Sunday, October 8th, the Warriors' junior green team fought courageously against an older Easthampton squad. Unfortunately, three second-half touchdowns were not enough to come from behind.

QB Brendan McNeish completed three passes, rushed for 21 yards, and completed a two-point conversion. Nick Sliech blocked for halfbacks Colin Hensel and Rashad Wright. Colin Hensel caught one pass and rushed for 75 yards, which included a touchdown run. Rashad Wright caught one pass, rushed for a ground-pounding 132 yards, and scored two touchdowns. Anthony Stork caught one pass and converted it to a first down.

The Warriors' defense played an outstanding game in the second half, allowing only one touchdown. Backfield tackles were turned in by Andrew White, Colin Hensel, Mark Hardy, and Rashad Wright for a total 23-yard loss. Solo tackles were turned in by Scott Reardon, Corey Brennan, and Niko O'Mera. David Cook, Mark Hardy, Patrick McKeever, and Nick Sliech had two solo tackles; Philip Scoville, Brendan McNeish, and Jerrett Johnson had three solo tackles; Colin Hensel had four solo tackles; Andrew White had five solo tackles; and Frank Liberti turned in six solo tackles. The younger "B" defense played great and caused one fumble, which was recovered by Niko O'Mera.

Despite their 0-5 record, all the coaches are proud of the team. If they didn't practice so hard and play so well, they would have been shut out every game.

PEE WEE BLUE

The Agawam pee wee blue Warriors recorded their first victory of the season on Sunday, October 8th, at Memorial Field behind Phelps School. They defeated the South Hadley Bengals, 8-0, in a hard-fought defensive struggle.

Agawam scored in the last two minutes of the fourth quarter on a two-yard sneak by QB D.J. Sapelli. Tailback Tim Jendrysik recorded the two-point conversion on a sweep.

The entire defensive unit played an outstanding game for the little Warriors. Defensive linemen Nick Santinello, Robert Johnson, and Jonathan and Jarrett Fondakowski allowed no penetration up the middle. Ends Kyle Craig and Rob McGeoghan and outside linebackers Kyle Keeley and Joe Toto shut down the outside running game and chased down a couple of well-executed reverse plays that South Hadley ran. Inside linebackers Greg Heinbokel and Frank Sacco combined with safety Jacob Barrows to roam all over the field, shutting down South Hadley's pass plays.

On offense, the little Warriors discovered their ground game. The offensive line of tackles Mason Conlon and Jake Depalo, guards Matt Munson and Justin Chartier, and center Garrett Gabel established excellent surge and momentum. Fullback Frank Sacco and tailback Tim Jendrysik gained some serious yardage between the tackles, as did QB D.J. Sapelli on sneak plays up the middle.

Wingback Delanie Sapelli made some critical gains around the ends. She was assisted with great blocking by offensive ends Bryan Birchenough and Brandon Munson.

The pee wee blue team has 12 third-graders and nine fourth-graders. Only six of the 21 players have ever played football before. The entire team has made great progress this season both in learning the skills of football and in functioning as a team.

This Sunday's game is away at Plumb Field in Springfield (behind Putnam High School). It is against Springfield South and starts at 12:15 p.m.

PEE WEE GREEN

The Agawam green pee wees lost a heartbreaker last Saturday morning against Quabbin.

Agawam took an early 8-0 lead on a touchdown made by Jason Houle, with Dylan Couture making the two-point conversion. Houle ran around the outside on a sweep behind the blocking of G Stephen Hillios, T Michael Saccamoni, E Stephen Johnson, and FB James Olson for the score. Dylan Couture took a pitch and ran around the left side behind T Patrick McLane, G Justin Rahn, E Joseph Gabenelli, and TB Paul Vecchiarelli for the conversion.

SEE YOUTH FOOTBALL - Page 50

BOYS' SOCCER - from Page 46

Harmon Smith Field, raising their record to 3-6-2. Comp fell to 1-9-1.

The Brownies took a 3-2 lead into the half on goals by Mike McGeoghan (two) and Eric Serna.

They pulled away in the second 40 as Mike Carmody and Matt Ligenza scored in the second half.

John DeCaro and Evan Machos again shared split duties in net and stopped five Colt shots. Assists for Agawam went to Dan Sikes, John Lynch (two), and Serna (two).

This game was chippy at best and had the appearance of getting out of hand at times, as each team refused to back down when challenged physically.

Agawam High Track Open For Fall Walking

The Agawam High School track is now open (weather permitting) for walking and jogging on the following days:

Monday through Thursday, 6:00-8:00 p.m.;
Saturday, 7:30-9:30 a.m.

The track will be open for walkers and joggers during the above hours throughout the early fall. Strollers are permitted on the track. No one will be allowed on the infield or in the bleachers during these times.

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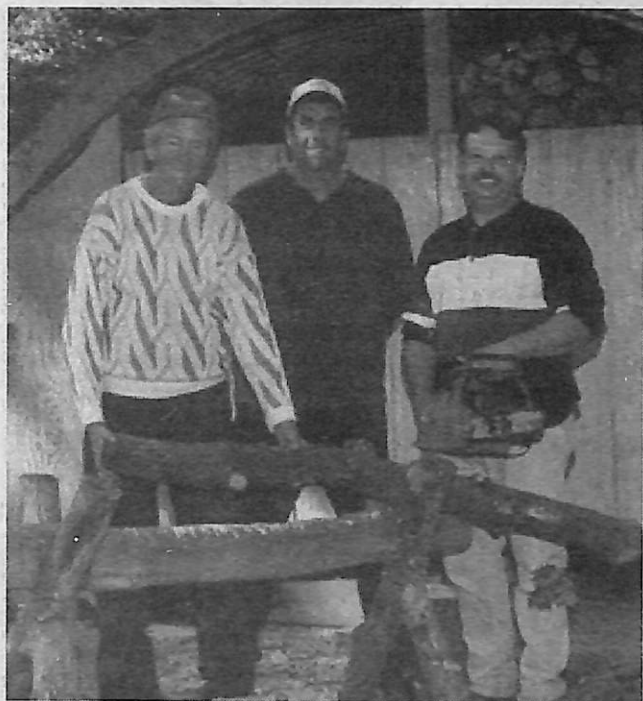


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Trout Derby This Sun.



MEMBERS OF THE Mawaga Pitch League have sponsored six children for the Trout Classic Derby to be held this Sunday, October 15th, at the Mawaga Sporting Club (377 Adams Street, Agawam). The public is cordially invited to attend this event. For further information and tickets, call 789-3359. **IN TOP PHOTO:** Young fishermen Jaclyn Geaughan, William Forbes, and Caitlin Geaughan are looking forward to the derby. **IN PHOTO BELOW:** Mawaga Club members John Larese, Rick Van Heusen, and Gary Prentice.



YOUTH FOOTBALL - from Page 49

Quabbin answered with two touchdowns but failed on the conversion attempts. They had a lead of 12-8 at the halftime against the Warriors.

Quabbin scored one more time before Agawam answered back with a counterplay in which Dylan Couture scored again to pull Agawam within six with a score of 20-14.

On the defensive side of the ball, "Say it ain't so Joe" Farwell, Mike "Sugar" Shackford, Matt "the cat" Reardon, James "Tiger" Woods, Tyler "no mo" Devoe, Robert "the sutchter" Couture, and Cam "my favorite" Martin made Quabbin work for every yard. Eric "the wild thing" Alexopoulos and Pat "mad dog" McLane combined for two sacks of the Quabbin QB. The final score was Quabbin 28, Agawam 14.

On Sunday, Agawam's green pee wees will have the opportunity to avenge their opening-day loss to Westfield at home at Memorial Field (behind Phelps School) at 12:15.

ADVERTISER NEWS

"Sports Notes" From Agawam High

by Dave Rollins
Sports Editor

CROSS COUNTRY

The Agawam High cross-country teams saw action Tuesday (October 11th) at home, hosting Minnechaug and Holyoke.

The boys fell to Minnechaug but beat the Purple Knights.

The highlight for the Brownies was the performance of sophomore Mike DeFilippi, who set a school record of 18:23 over the 3.1-mile Robinson State Park course. Junior Steve Atkinson was fifth with a time of 19:33.

The girls also lost to the Falcons but downed

Holyoke. The top performers for the girls were sophomore Jess Hudson (second, 23:55), freshman Ashley Velosky (sixth, 25:15), and sophomore Nina Murray (ninth, 26:19).

GOLF VS MINNECHAUG

The Agawam High golf team traveled to Minnechaug on Tuesday (October 11th) and fell to the Falcons, 10-8.

Winners for Agawam included senior Kacy Progulske, who shot a 42 on the par-36 Hampden Country Club course. Sophomore Pat Landers also won his match with a 41.

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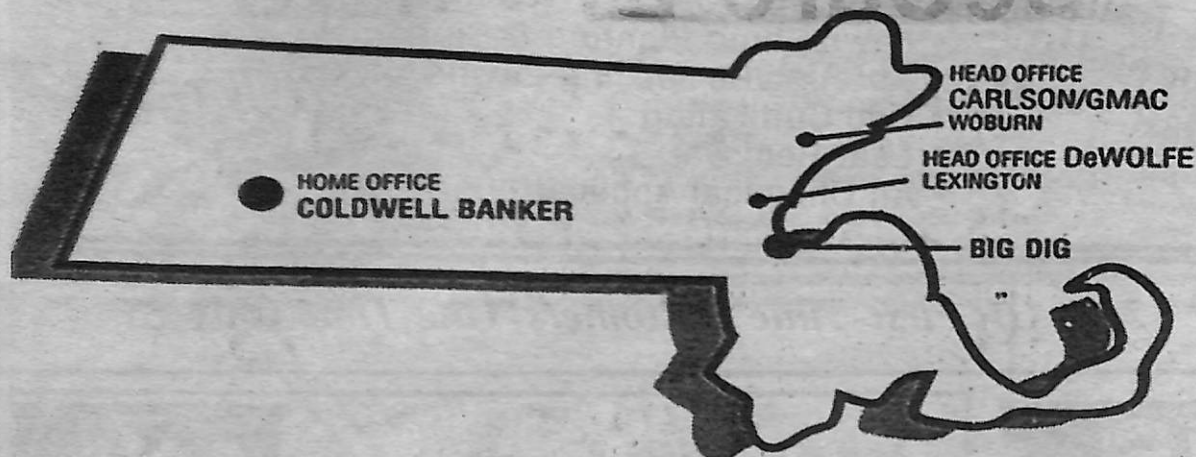
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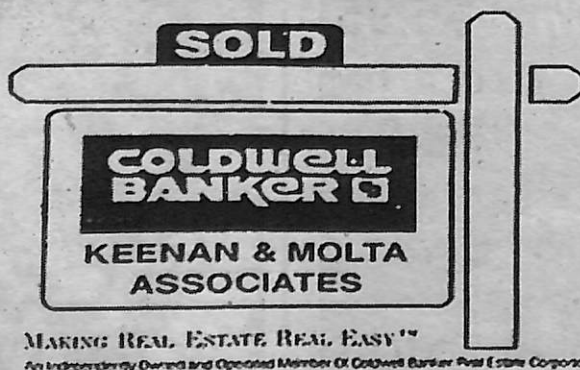
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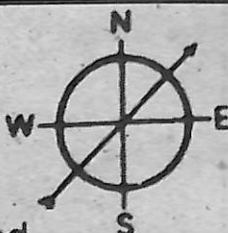
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CURLEY'S LAWN SERVICE: Fully Insured, experienced. **Seasonal Mowing, Tree Pruning, Seeding & Sod, Lawn Installation, Bushes trimmed, Bobcat work, Landscape design & installation. Loam, Fill & Plants. 786-4622.**

HATE HOUSEWORK? NO TIME? I'LL DO IT!!! Weekly, bi-weekly, monthly. Competitive rates. References. Call Gail's Cleaning Service, 786-8314.

THE CHAREST CO. INC.: We have all the answers for all your home improvement needs. Replacement window specialists. Over 30 years in business. License number CSO16915; reg. number 116652. (413) 786-8666.

TAYLOR RENTAL: Propane - all size fills. New tanks, convenient trailer & RV drive-up. Tank disposal available with any fill or purchase. Agawam, 221 Springfield St. (next to Sarat Ford).

JONES' FERRY MARI-

NA: New ownership at historic Pirate's Cove (restaurant & pub), Holyoke. Launch; dockage; storage; boat auctions. Open 7 days. (413) 533-1534 or (413) 533-5901.

DISC JOCKEY SERVICE: Providing the very best in entertainment and sound. Music Box Productions - DJ Tom Melbourne (certified professional). (413) 789-6788.

END OF HUNT FARMS LEARN TO RIDE JUMP SHOW! Personalized instruction. Age 3 to advanced levels. Dressage - Jumping - Boarding - Training. Show/Pleasure Horses/Pony Sales. Call Trudy Wissel. (860) 668-1656 (H); 860-668-9990 (B).

LUCIA LUMBER COMPANY: Residential & commercial building materials specialists. Decks for everybody. Free local delivery. 777 Silver Street, Agawam. Call 413-786-1636.

CHIRGWIN COMPUTER REPAIR: Repairs, installation, upgrades. 10% senior citizen discount. Training, house calls. Call Gary W. Chirgwin, Sr., (413) 786-0788.

READY * SET * GROW! CHILD CARE: Certified teacher and experienced child care provider has openings for all ages. Large back yard. Nutritious meals/snacks and pre-school curriculum included. Enrollment incentives. Vouchers and grant money available. Lic. #184792. Call Sue at 789-2530.

MCELLIGOTT CONSTRUCTION OF AGAWAM: Home improvement specialist. Licensed and fully insured. (413) 786-1249.

TUTOR: Certified teacher - special needs and elementary education background. All subjects. Call Sue at 789-2530.

KIDDIE KORNER DAY-CARE: Licensed provider has openings for all ages. Lower Suffield Street area. Reasonable rates; meals included. Referrals provided. Lic. #197168. Call (413) 789-2161.

W & I CONSTRUCTION, INC.: Septic systems; backhoe & Bobcat work; plowing; sand & salt applications. Fully insured, free estimates. Phone (413) 786-7377; fax (413) 786-7953.

CLEANING WOMAN: Every other Tuesday &

Friday. Call Danielle at 786-6096.

FOR SALE

ARBORVITAE & HEM-LOCKS: 3 to 3-1/2 ft, \$9 each; junipers, \$4 each. Free delivery. 786-8631 or 530-5454.

FOR SALE: S.U.V. for sale by orig. owner - '96 Isuzu Rodeo LS. 4 doors, red, 4x4, V6, 3.2 L, AC/AT/PS/power mirrors, windows and locks. AM & FM cass., tilt, cruise, dual airbags, roof rack, tinted glass. Grill guard, alloy wheels, towing pkg., new brakes and rotors. Only 36,800 miles; 3-1/2 years left on factory bumper-to-bumper warranty. Mint cond., priced below blue book value. Only \$14,995.00. Agawam, (413) 786-3356.

FOR SALE: 1995 Mitsubishi Galant LS. Metallic gray, automatic, power lock & windows, leather, A/C, sunroof, AM/FM/tape. Excellent condition. \$6,500. Call 786-7569.

FOR SALE: Desk w/2 matching dressers (needs a little work), woodtone. Asking \$60 for all. 789-9134.

FOR RENT

STORE FOR RENT: Excellent location with parking. 1,250 sq. ft. 1110 Springfield Street, Feeding Hills. \$600 + utils. per month. 786-0372.

FOR RENT: 2-bedroom single family home in North Agawam. The house is in good condition. Fenced-in yard; garage. Asking \$850 per month. Call 786-7517 between 12:00 noon and 9:00 p.m.

WANTED

ESSAYS WANTED: "Win A Paso Fino Horse" essay contest. Entry fee \$10. For rules, send a stamped, self-addressed, letter-size envelope to Pleasure Horse, 43 Russell Road, Blandford, MA 01008.

TEACHERS WANTED:

HELP WANTED

HELP WANTED - MANUFACTURING: Immediate full-time openings on second and third shifts. Must be flexible, willing to learn, capable of working safely in a heavy, industrial environment and have a solid work record. Excellent pay (average '99 W-2 earnings \$42,000, excluding supervision) and benefit package, including weekly production bonus, pension plan, plus 401(k), etc. Applications accepted 9 - 11 AM and 2 - 4 PM at Hazen Paper Company, 240 South Water St., Holyoke, MA 01040, or mail your resume or a letter to us.

Preschool Teacher and Toddler Teacher positions available in Feeding Hills child care center. Must be OCCS qualified and have experience in child care field. Call Julie at The Kids' Place, 786-7980. EOE.

HUMAN SERVICES - PART-TIME WEEK-ENDS: Excellent opportunity for energetic, experienced person to work providing services to elderly adults with developmental disabilities. Responsibilities include direct support and care along with community membership. This is an immediate opening for all weekend shifts. To apply, please call Dottie at Hilltop Services, 733-2934. EOE.

LOST

LOST DOG: River Road area. Five yr.-old golden retriever; answers to "Dakota." Reward. Please call 786-0816 or 786-8068.

LOST CAT: Large, tan, beige, and white Angora. Long hair, green eyes, big fluffy tail; wearing red collar. Name "Daytona." Male, neutered. Missing since 10/3/00 - off Charles St. Call Debbie, 786-3308, anytime please!

TAG SALE

TAG SALE: Oct. 14th & 15th, 9-2. 470 N. Westfield St., Feeding Hills.

GIANT TAG SALE LISTING: Sat., Oct. 14th, 9-3. Agawam First Baptist Church (Main & Elm Sts., Aga.).

TAG SALE: Saturday & Sunday, Oct. 14th & 15th, 9:30 a.m. - 4 p.m. Furniture, kitchen & bathroom items, small appliances, household decorations, and much more. At 34 Riviera Dr., Agawam.

TAG SALE: 21 Edgewater Rd., Oct. 14th & 15th, 9 a.m. - 4 p.m. Word processor, cat tree, lamps, exercise bike, table, bird cage, chair, ceramics.

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